



LIVE HEALTHY RECIPE

Chocolate Avocado Mousse | 216 cal

ripe avocado and Dutch processed cocoa powder blended with agave syrup, vanilla and almond milk to a fluffy cr me topped with raspberries





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PREP TIME: 2 TO 3 MINUTES | COOK TIME: 5 MINUTES | YIELD: 6 SERVINGS

DIRECTIONS:

Cut avocados in half and remove the pit. With a tablespoon, scrape out the flesh and place in the processor. Add cocoa powder, syrup and vanilla. Pulse to combine. If the texture is not fluffy enough, add almond milk by the tablespoon and pulse until combined. Portion into 6 small dessert cups or shot glasses and garnish each with a fresh strawberry.

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INGREDIENTS (6 Servings):

1/3 oz.	Agave, Syrup
1/4 whole	Avocado, Fresh (Peeled & Chopped)
1/4 oz.	Cocoa Powder, Unsweetened
1/4 oz.	Milk, Almond
1/8 oz.	Chocolate, Baking Unsweetened
1/8 tsp.	Extract, Vanilla

what makes it OH SO GOOD?

our nutritional guidelines

OH SO GOOD provides healthy energy through

- whole grains
- lean animal and plant-based protein
- a full serving of fruit or vegetable
- fresh herbs and spices to reduce sodium
- only natural sugars
- healthy fats
- balanced calories