



## **Healthy Heart Dark Chocolate Mousse** *Chocoholic Dream Dessert with Avocados.*

3 Tablespoons water  
1 Tablespoon ground flaxseeds  
1/2 cup dark chocolate chips  
2 cups rough mashed avocado, (about 3 or 4 avocados)  
1/3 cup maple syrup  
1/3 cup organic agave nectar  
1/3 cup unsweetened baking cocoa  
4 Tablespoons almond milk, divided  
2 teaspoons vanilla  
1/8 teaspoon sea salt  
Garnish: Fresh raspberries; fresh mint

\*Use organic ingredients if available

In small bowl, stir together water and ground flaxseeds; set aside for 5 minutes.

In small microwave safe bowl, heat chocolate chips on medium power for about 1 to 2 minutes or melted; stirring occasionally until melted smooth.

In food processor combine avocado, maple syrup, agave nectar, unsweetened baking cocoa, 2 Tablespoons almond milk, flaxseed mixture, vanilla, melted chocolate, sea salt until smooth. For a lighter texture, stir in remaining 2 Tablespoons almond milk.

Spoon into individual custard cups. Chill in refrigerator until firm about 2 hours. Served topped with dollop of fresh raspberries or your favorite fruit and fresh mint. Yield: 4 to 6 servings

**Recipe Inspired by:** *Crave*; January/February 2018; Fresh Thyme Farmers Market

**Cook's Note:**

\*When I attended culinary classes with chefs in their own restaurant kitchens, I noticed that many of the best chocolate mousse recipes used an egg since it is a stable aerator. I decided to include a flaxseed combination in place of an egg to enhance this recipe.

\*Add 1/4 teaspoon rum extract to the main mixture for a tropical twist on the recipe. If desired: You can add a touch of peppermint or almond.

\*For a delightful company dessert, place a dollop of chocolate mousse in the bottom of dessert glasses; top with spoonfuls of **Very Berry Winter Fresh Fruit Cocktail**. It is soooooo yummy!

**About the Recipe:** Your guests won't believe that this dessert is not filled with whipped cream but uses mashed avocados. The rich silky chocolate is delightful and one of those perfect desserts for a fancy party or special dinner. What a great way to make your heart happy!