



### **Banana Dusted Chocolate Cheesecake Mousse**

*An impressive dessert with cheesecake flavor for that special dinner*

#### **Soften Dates**

12 pitted dates, chop in half (1/2 cup)

1/2 cup water

#### **Banana Cheesecake Mousse**

1 cup whole ricotta cheese or organic farmer's cheese

1 Tablespoon honey

2 Tablespoons ground unsweetened dried banana chips

2 Tablespoons unsweetened almond milk

1/2 teaspoon pumpkin pie spice

1 teaspoon rum extract

## **Sweet Spiced Chocolate Pudding**

1 large avocado, pitted, peeled  
1 teaspoon (each) vanilla extract; almond extract  
2 Tablespoons ground unsweetened dried bananas chips  
1/2 teaspoon ground pumpkin pie spice  
3 Tablespoon unsweetened cocoa  
1 Tablespoon unsweetened almond milk

## **Topping**

1 to 2 Tablespoons coarse crushed unsweetened bananas chips  
1 to 2 Tablespoons mini dark or semi-sweet chocolate chips  
Garnish: Fresh Raspberries and Blackberries – as desired

**Soften Dates:** Place date halves in small microwave safe bowl; cover dates with water. Cook in microwave on high power for 1 minute or hot. Remove; set aside to soften, about 10 to 15 minutes.

**Meanwhile Prepare Banana Cheesecake Mousse:** Place cheese, honey, ground banana chips, 2 Tablespoons almond milk, pumpkin pie spice, and rum extract in food processor; whip for about 1 minute until smooth. If mixture is too thick, whip in an additional 1 Tablespoon almond milk. Remove; set aside. (Yield: 1 cup)

**Prepare Sweet Spiced Chocolate Pudding:** Place softened dates with water in food processor; process until mixture is smooth. Add chopped avocado; process until well blended. Add vanilla extract, almond extract, banana chips, pumpkin pie spice, and cocoa until smooth. Add in 1 Tablespoon almond milk; process until smooth. Yield: about 2 cups

**Prepare Crunchy Topping:** In a small bowl, combine crushed banana chips and chocolate chips. Set aside.

**To Serve Layer in Bowl:** Spoon half of chocolate mixture into 3 to 4 cup bowl; top with Banana Cheesecake Mousse; spread remaining chocolate mixture over. Sprinkle crunchy topping evenly over the top. Place in refrigerator to chill. To Serve: Garnish the top of dessert with fresh raspberries and fresh blackberries. Serves: about 6 to 8 small custard cup desserts

**OR**

**Layer into Fancy Glasses:** Use about 3 fancy glasses. Spoon 1/3 of chocolate mixture into each glass; top with 1/3 of banana cheesecake filling; spoon remaining chocolate mixture over the top of each dessert. Sprinkle crunchy topping over top of each. Place in refrigerator until serving. Garnish with fruit or whipped cream as desired.  
Yield: 3 large fancy desserts

**Cook's Note:** Banana Chips are sold unsweetened or sweetened. Either product can be used, but a sweetener was added to the sweet banana chips. Only beat in additional milk if mixtures are too thick.

**About the Recipe:** It's hard to believe that this dessert is made with naturally sweet ingredients. Banana chips and dates are used as flavor sweeteners, and an avocado provides the smooth, silky texture. Prepare in a medium pudding bowl or serve in stemmed dessert glasses. Naturally elegant and delicious.