



### **Avocado Chocolate Mousse with Kiwi and Crunchy Almonds**

*A fancy dessert for dinner with Kiwi fruit and toasted almonds*

2 ounces bittersweet chocolate, chopped  
2 Tablespoons almond milk  
2 small avocados, halved, pitted  
1 to 2 Tablespoons honey  
1 Tablespoon unsweetened cocoa powder  
2 teaspoon pure vanilla extract  
1/16 teaspoon salt  
1 Tablespoon cacao nibs  
1 kiwi, peeled, chopped  
4 Tablespoons toasted sliced almonds or as desired

- Place chocolate and almond milk in microwave safe bowl. Cook in microwave on high power for about 1 minute or only until chocolate starts to melt. Stir to combine; set aside to cool.
- When cooled, place chocolate mixture, avocado, 1 Tablespoon honey, cacao powder, vanilla, and a pinch of salt in food processor or blender; blend until

smooth. Taste the chocolate mousse, add an additional Tablespoon honey for a sweeter dessert.

- Stir in cacao nibs.
- Spoon equally into 2 (1 cup) custard cups; top with chopped kiwi slices and toasted sliced almonds as desired. Yield: serves 2 desserts

**About the Recipe:** This rich chocolate mousse will remind you of a fancy restaurant dessert. It's so smooth, filled with tiny bits of cacao nibs, and topped with tiny tart wedges of kiwi fruit and crunchy toasted almonds. The best part is that it is made with fresh avocados rather than whipped cream. Remember that while dark chocolate has health benefits, it should be served for an early dinner or brunch since it also contains caffeine, which may make it hard to fall asleep if consumed before bedtime.

### **How Can Kiwifruit Help You**

"Some research has looked at the link between kiwi consumption and sleep. In one small study, people who ate two kiwifruits 1 hour before bedtime for 4 weeks experienced improved total sleep time and sleep efficiency and also took less time to fall asleep.

If kiwi is beneficial for sleep, this may be because the fruit contains many sleep-promoting compounds, including melatonin, anthocyanins, flavonoids, carotenoids, potassium, magnesium, folate, calcium."

For More Information See:

<https://www.medicalnewstoday.com/articles/324295#summary>

### **How Can Avocados Help You**

Avocados contain magnesium and potassium, two minerals associated with better sleep. Studies have shown that magnesium might make it easier to fall asleep and improve your sleep quality.

For More Information See:

<https://www.saatchi.com/blog/avocado-before-bed/#>