

Suitland Dine & Learn
February 2018: Heart Health for your Sweetheart

Avocado Chocolate Mousse
Courtesy of Chef Nadine of Nutrition Synergies, LLC

Ingredients

Flesh of 2 ripe medium sized avocados

½ cup chocolate chips (melted)

¼ cup to ½ cup milk of choice (I use chocolate almond milk)

1 tsp pure vanilla extract

Dash of sea salt

Pinch stevia OR 2-3 Tbsp sweetener of choice (I use agave nectar)

Directions

1. Melt chocolate chips in microwave
2. Blend all ingredients in a blender or food processor, starting with ¼ cup of milk, adding more until you reach the desired consistency
3. Add more or less sweetener to reach desired level of sweetness. This should be a rich, creamy mousse!

Nutrition Information

Number of Servings:
approx. 4

Amount Per Serving

Serving Size: ½ cup

Total Fat: 13 g
Saturated Fat: 2 g
Sodium: 17 mg

Total Carbs: 31 g
Dietary fiber: 8 g
Sugars: 17 g
Protein: 4 g

Calories: 235 (117 from fat)

HEALTH TIP

Did you know an avocado is a fruit?! Unlike other fruits, which are high in carbohydrates, the avocado is **high in healthy fats and nutrients** including potassium, a mineral that supports healthy blood pressure levels. Did you know an avocado has more potassium per 100 gram serving than a banana?!

