

Creamy Chocolate Mousse

Nothing says happiness like a sweet treat! With only 7 ingredients, and under 10 minutes to make, this healthy dessert option is high in healthy fats, free of refined sugar, and can be made vegan!

Both avocados and dark chocolate have several health benefits that can improve mood and stabilize blood sugar, which allows us to enjoy dessert guilt-free. Avocados are a source of monounsaturated fats and fiber that help regulate blood sugar spikes and regulate mood. They also contain omega-3 fatty acids that are essential to supporting our brain function.



You may also be asking yourself: “Is chocolate is good for me?” Well, it depends if you are talking milk or dark chocolate! Milk chocolate does not have any health benefits. **Dark chocolate**, however, has many health benefits when consumed in moderation. Dark chocolate contains antioxidants that help our body fight harmful free radicals. Free radicals can cause harm to our bodies when in excess and can be linked to health issues like diabetes and cancer. Dark chocolate also stimulates the production of the mood enhancing hormone serotonin.

Ingredients:

- 2 ripe avocados
- ½ cup dark chocolate melted (dark chocolate is 70% cocoa powder or more, make sure to check the label)
- ¼ cup cocoa powder
- ¼ cup milk or unsweetened non-dairy milk (oat, almond, soy, etc.)
- 2 tablespoons maple syrup
- 2 teaspoons vanilla extract
- Pinch of salt
- Raspberries or strawberries (optional, for serving)

Tip: Use vegan dark chocolate and dairy-free milk to make this recipe vegan!

Instructions:

1. In a food processor or high-speed blender, combine avocado, melted dark chocolate, cocoa powder, milk, maple syrup, vanilla extract, and salt until smooth and full incorporated (about 2 minutes).
2. Separate mousse into four bowls/jars and chill in the fridge for 1 hour.
3. Serve with fresh raspberries and/or strawberries on top.
4. Enjoy!

Recipe derived from: [Feel Good Foodie](#)



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