

# Avocado Chocolate Mousse

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes

Yield: 4 servings | Serving Size: ½ cup

## Ingredients

- ½ cup dark chocolate or semi-sweet chocolate chips (regular or mini)
- 2 ripe avocados, halved, pits and peels removed
- ¼ cup unsweetened cocoa powder
- ¼ cup sugar-based sweetener (e.g. sugar, honey, maple syrup, agave)
- 3 tablespoons lowfat (1%) milk (or non-dairy milk alternative)
- 1 teaspoon vanilla extract
- ⅛ teaspoon salt

## Directions

1. Add the chocolate chips, cocoa powder, and milk to a small microwave-safe dish and stir to combine.
2. Microwave on high power (default setting) for 15-30 seconds at a time, stirring before starting again, until the chocolate chips are fully melted.
3. Add the avocado, selected sweetener, vanilla, salt, and melted chocolate mixture to a blender or food processor. Blend until completely smooth, about 2-3 minutes, scraping down the sides as needed.
4. Serve right away, or chill before serving if desired.

## Recipe Notes

- This mousse will keep in the refrigerator for up to 3 days.
- Consider serving topped with fresh berries, banana slices, and/or whipped cream. It can also be served as a dip for fresh fruit, pretzels, or graham crackers.



Nutrition Facts Per Serving: Calories: 320 | Total Fat: 20 g | Saturated Fat: 6 g  
Sodium: 100 mg | Total Carbohydrate: 36 g | Dietary Fiber: 8 g | Protein: 5 g

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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