

## Chocolate Avocado Mousse

\*in honor and dedicated to David, my dad for Father's day ☺

- 2 large Haas avocados
- 1/2 cup maple syrup
- 1-2 tsp vanilla
- 1 tsp balsamic vinegar
- 1 tsp Tamari soy sauce, reduced sodium
- 1 cup cocoa powder

**Method:** Mix all ingredients in a food processor until smooth and creamy. Serve in glass dishes. It can be eaten immediately but for a thicker texture, refrigerate. It's most flavorful when served at room temperature.

Add In Options: top with fresh mint & raspberries, 2 tbsp organic coconut oil, substitute cocoa powder with raw cacao powder, use gluten free tamari to keep it GF, or swap the standard Grade A Maple Syrup with Grade B Maple syrup.

**Creative Use:** This mousse makes a delightful, healthy substitution for anywhere frosting might be used—cakes, goodies, birthdays, etc. Low glycemic, gluten, dairy & guilt free!

Serves 4-6 small dishes

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