
Chocolate Avocado Mousse

Total time: 45 min Yield: 6

Ingredients

1/2 cup semi-sweet chocolate chips
2 avocados (ripe, peeled & pitted)
1/2 cup agave nectar (divided)
1/4 cup unsweetened cocoa powder
2 tsp pure vanilla extract
1/4 tsp fine salt
1 pt blueberries
1 pt raspberries
1 pt blackberries
1 tsp orange zest

Prep Time: 45 min Total Time: 45 min

Instructions

Place the chocolate chips in a small microwave safe bowl and heat on a medium low power for 1 minute. Remove the bowl from the microwave and stir. Repeat heating at shorter intervals if needed, 15 to 20 seconds, stirring in between, until the chocolate is completely melted and has a smooth consistency.

To make the mousse, place the avocados, ¼ cup agave, cocoa powder, vanilla, salt and melted chocolate in a food processor. Blend until smooth and creamy, scraping the sides of the bowl to make sure the mixture is even. Place the mousse in a quart size zip top bag and place in the refrigerator for 15 minutes to set.

Wash the berries and place in a bowl; add ¼ cup agave and orange zest, stir to coat. Cover the berries with plastic wrap and place into the refrigerator and let marinate for 15 minutes.

To serve, place the marinated berries into 6 martini glasses or desired serving dishes. Cut off one corner of the zip lock bag and squeeze gently to pipe mousse on top of berries equally. Enjoy this easy, delicious chocolate dessert for your next dinner party.

Recipe brought to you by:

Chef Ryan Covert