

# Avocado Chocolate Mousse

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## AVOCADO CHOCOLATE MOUSSE

This is a DECADENT, delicious egg and dairy-free dessert that will satisfy even the most discerning chocoholics. If you don't tell, they'll never know it's avocado-based...and the best part, it is ALKALINE!

Chocolate lovers of all kinds will appreciate this rich, easy to prepare confection.

**Total Prep Time:** 10 Minutes

Settle Time in Fridge: 2 hours (it may not last it's THAT GOOD, AND YOU CAN CERTAINLY EAT IT BEFORE!)

### INGREDIENTS:

1 1/2 Haas Avocado

2/3 cup Coconut Water

1 tbsp Vanilla (I use a company called Medicinal Flowers Vanilla, highly concentrated organic oil - use 8-10 drops)

2 tbsp Raw Cacao

3 Dates (can use 5 to make a little sweeter)

1 tsp Sea Salt (Celtic Gray - I used 1.5 tsp)

Use some 70% Dark Chocolate shavings as a Ganache (I love The Grenada Chocolate Company)



Blend all ingredients in blender at high speed until you reach a thick, desired consistency. Refrigerate to make firm.

(Note - it will thicken more once refrigerated, so don't blend TOO much)



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Dr. Daryl