

# Master Class: Raw Desserts



## chocolate mousse cake

### Base ingredients

- ✓ 1 ½ cup Almond, whiz until ground
- ✓ 4 pitted Medjool Dates
- ✓ 2 Tbsp Chia Seeds
- ✓ 2 Tbsp Coconut Oil (extra 1 T if needed)

### Method

1. Whiz up all base ingredients
2. Press base mix into lined spring form pan and place into freezer to set

### Filling ingredients

- ✓ Flesh of 4 large Avocados
- ✓ ½ cup Coconut cream
- ✓ ⅓- ½ cup Coconut nectar  
(depending on the sweetness you want/like)
- ✓ 2 tsp Vanilla Bean paste
- ✓ ¾ cup Cacao powder

### Method

1. Whiz up, scraping the bowl during the process to ensure all dry ingredients get combined. Whiz into a creamy moussey consistency
2. Pour & spread filling mixture onto the base
3. Put into freezer to set for 3 hours

Note: Needs to be quite firm to remove from tin. Before serving, keep in fridge for an hour or 2 so it gets smooth and creamy rather than frozen hard..

Store in the freezer, but move to fridge for 1-2 hours before serving.