



**Humana**  
Neighborhood Center

# Chococado Mousse

Serves 4-6

## Ingredients:

- 2 ripe avocados
- 1 ripe banana
- 2 tbsp. local honey
- 3/4 cup cacao powder
- 1 tbsp. ground flax seed
- ½ cup almond milk
- ½ cup coconut milk

## How to prep:

1. Place all ingredients into a bullet or standard blender and pulse several times in 5 second intervals until all ingredients are mixed well. Try stirring with a spoon to ensure all is mixed well.
2. Add a little more milk if mousse is too dry for your liking, or a little more avocado or banana if it is too soupy, 1 tbsp. at a time.
3. Enjoy and top with your favorite toppings.

