

CHOCOLATE MOUSSE

(FROM TRINITY YOGA RAW COOKING CLASSES)

1/4 cup pitted medjool dates (soak 5-10 min)
1/4 cup pure maple syrup or raw honey - TRY WITH NONE, OR LESS!
1/2 teaspoon vanilla extract
3/4 cup mashed avocados (1.5 avocados)
1/4 cup plus 2 tablespoons unsweetened cocoa or carob powder
1/4 cup water

Place the dates, maple syrup and vanilla in a food processor fitted with the S blade and process until smooth.

Add the avocado and cocoa powder and process until creamy. Stop occasionally to scrape down the sides of the bowl with a rubber spatula. Add the water and process briefly. Can be frozen. Serve chilled or at room temperature.