

# FIONA TUCK

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NUTRITION WELLNESS YOGA



## Heavenly Chocolate Mousse

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### Ingredients:

1 ripe avocado  
2 dash drops of liquid Stevia  
1 cup raw cacao powder (can use coco powder)  
1 teaspoon vanilla extract  
Small pinch of sea salt  
2 tablespoons of coconut milk or milk of your choice

Prep: 10 mins

Cook: 0 mins

Serves: 2

### Directions:

1. Cut the avocado in half and remove the seed.
  2. Scoop out the avocado flesh and place into a blender or food processor.
  3. Add the stevia, cocoa powder, vanilla, salt and milk. Blend until very smooth. Taste and adjust for desired sweetness.
  4. Then pour mixture into a bowl and refrigerate until ready to serve. You could get really daring and add a touch of chilli to really spice things up! .
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