

**SERVINGS**

4

**PREP TIME**

10 minutes

**CHILLING TIME**

30–45 minutes

**INGREDIENTS**

Ripe avocado, 2

Unsweetened cocoa powder, 20g

Honey, 1–2 tablespoons  
(adjust to taste)

Vanilla essence, 1 teaspoon

Low-fat fresh milk\*, 100ml

**To garnish**

Extra-virgin olive oil, 2 drops

Lower-sodium flaky sea salt,  
small pinch

Fresh mint leaf, as needed

Unsweetened cocoa powder,  
as needed**METHODS**

1. Scoop avocado flesh into food processor.
2. Add cocoa powder, honey & vanilla essence.
3. Blend until thick and uniform.
4. Add fresh milk gradually, blending until mousse becomes silky and smooth.
5. Chill for 15 minutes.
6. Spoon into small bowls or glasses to serve.
7. Finish with a few drops of olive oil, a pinch of flaky sea salt, and garnish with mint leaf and cocoa powder.

\*Choose products with the Healthier Choice Symbol



# Dark Chocolate Avocado Mousse

by Chef Mel Dean