



Chocolate Avocado Mousse

8 Servings • 1 Serving = ¼ Cup

INGREDIENTS

- 2 avocados
- 2 bananas
- ½ cup 1% milk
- ¼ cup cocoa powder
- ¼ cup honey
- ½ Tablespoon vanilla extract
- ¼ teaspoon salt

DIRECTIONS

1. Deseed and remove avocado flesh.
2. In a blender, combine avocado, honey, cocoa powder, milk, vanilla, and salt.
3. Blend until creamy.

Nutrition Facts

8 servings per container	
Serving size	1/4 cup
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	14%
Total Sugars 13g	
Includes 9g Added Sugars	18%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 1mg	6%
Potassium 333mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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