

# Valentine's treat: yummy chocolate mousse

Show some love this Valentine's Day by serving this delicious and of course healthy mousse with fresh strawberries. Your loved ones will never guess that they are eating avocados! Yes avocados are high in fat, but it's a really really good fat that our body needs, specifically monounsaturated fat. Enjoy!

## Ingredients:

- ¼ cup pitted medjool dates, soaked
- ¼ cup pure maple syrup or agave nectar
- ½ tsp pure vanilla (optional)
- ¾ cup mashed avocados (1 ½ avocados)
- ¼ cup plus 2 tbsp unsweetened cocoa or carob powder
- ¼ cup water

## Directions:

- Place the dates, maple syrup, and optional vanilla in a food processor and process until smooth.
- Add the avocado and cocoa powder and process until creamy. Stop occasionally to scrape down the sides of the bowl.
- Add the water and process briefly.
- Stored in a sealed-container, the mousse will keep for three days in the refrigerator or two weeks in the freezer.
- Serve chilled or at room temperature.
- Enjoy this dip with fruit or use it as an icing for cupcakes or a cake.

*Source : Jennifer Cornbleet, Raw Food Made Easy. Linda Houle-Robert is a francophone Registered Holistic Nutritionist in Orléans and a marathon runner. She can be reached at [lhoulerobert@yahoo.ca](mailto:lhoulerobert@yahoo.ca)*

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