

Avocado chocolate mousse

Serves 4

- 1/2 cup pitted dates, soaked
 - 1/2 cup pure maple syrup or agave nectar
 - 1 teaspoon vanilla extract (optional)
 - 3 avocados
 - 3/4 cup unsweetened cocoa or carob powder
 - 1/2 cup water
1. Place the dates, maple syrup, and optional vanilla in a food processor fitted with the S blade and process until smooth.
 2. Add the avocado and cocoa powder and process until creamy. Stop occasionally to scrape down the sides of the bowl with a rubber spatula.
 3. Add the water and process briefly.
 4. Transfer to serving dishes and leave to chill for 2 hours or more
 5. Serve topped with berries or cacao nibs of both! This will keep for three days in the fridge or 1 month in the freezer