



PALEO CHOCOLATE MOUSSE

THE PERFECT SUGAR FREE DESSERT

2 Ripe Avocados
2 Heaping Tbsp Raw
Cacao
1 Tsp Stevia Extract
1 full cup of chilled
Organic Coconut
Cream
1 Tbsp MCT Oil
1/3 Cup Blueberries
(optional)
1/2 cup of
toasted walnuts

- 1** Place all the ingredients in either a Vitamix blender or food processor and let it rip for 30 seconds to one minute. Use a Vitamix with a tamper, a food processor, or emulsion blender due to the consistency of the pudding.
- 2** Coconut milk will thicken below 72 degrees so for extra thickness and a mousse-like consistency...chill in the fridge for 30-minutes.
- 3** Top with fresh blueberries and a dollop of whipped coconut cream