

Peanut Butter Chocolate Mousse



PREP TIME:
5 MINUTES

MIX TIME:
4-5 MINUTES

TOTAL TIME:
10 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 4 Servings

Ingredients:

- 1 Refrigerated 13.5 oz. Can Full Fat Unsweetened Coconut Milk (Use solid coconut for starting and reserve $\frac{3}{4}$ cup of liquid from can)
- $\frac{1}{2}$ Cup Pitted Medjool Dates
- $\frac{1}{2}$ Cup Confectioners Monkfruit Sweetener
- 1 teaspoon Pure Vanilla Extract
- 5 TBSP Cocoa Powder
- 3 TBSP Unsweetened Peanut Butter
- 1 TBSP Coconut Cream
- 2 TBSP Ground Chia Seeds (*I ground them up in a coffee grinder*)

Equipment:

- Vitamix or 64 oz. High-Capacity Blender/Food Processor

Instructions:

1. First add just the solid portion of the coconut milk. Reserve $\frac{3}{4}$ cup of the liquid for blending later.
2. Blend on low until becomes creamy.
3. Next add Medjool dates, monk fruit, vanilla, cocoa powder and peanut butter.
4. Blend until creamy and no lumps.
5. Add the reserved $\frac{3}{4}$ cup liquid from coconut milk can, 1 TBSP coconut cream and the ground chia seeds.
6. Blend on low until completely smooth.
7. ***Pour into dessert dishes and store in refrigerator 1 hour before serving.***

***Try and use all organic ingredients if possible.**

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