

Avocado Mousse



PREP TIME:
2 MINUTES

BLEND TIME:
2-3 MINUTES

TOTAL TIME:
5 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 2 Servings

Ingredients:

- 1 Cold Medium/Large Avocado – Scooped & Pit Removed
- 2 Tablespoons Chilled Coconut Cream
- 1 Teaspoon Fresh Squeezed Lime or Lemon Juice
- ¼ Teaspoon Pure Vanilla Extract or Vanilla Powder
- 3 ½ Teaspoon Swerve Confectioner Sugar
- Pinch Sea Salt
- **Optional: Cacao Nibs and/or Lime Zest for Garnish**

Instructions:

1. In a small food processor, add the avocado, coconut cream, lime or lemon juice, vanilla, pinch of sea salt and sweetener.
2. Blend until all ingredients incorporated and smooth – about 1-2 minutes.
3. Transfer to individual serving dishes.
4. **Optional:** Garnish with cacao nibs, fresh fruit, shredded coconut and/or lime zest.

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

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