

CHOCOLATE MOUSSE DAIRY FREE

COOKEE'S TOOL KIT

Cutting Board
Chef's Knife or Paring Knife
Medium Saucepan
Wooden Spoon
Measuring cups and spoons
Medium bowl – heatproof
Microwave or pot of water
Spatula
Adult Supervision



Ingredients

4 ounces dark or 3 tablespoons cocoa powder
2 large avocados, ripened
2 teaspoons of vanilla

3 tablespoons maple syrup
1 can of coconut cream
2 egg whites whipped

Directions

1. Place a heatproof bowl over a pan of simmering water, making sure the base doesn't touch the water. Break the chocolate into the bowl and allow it to melt, and then set aside to cool slightly.
2. Separate the egg yolks from the egg whites. Refrigerate egg yolks, beat the egg whites in a bowl with a whisk until fluffy, about 2-3 minutes.
3. Meanwhile, halve and stone the avocados, then scoop the flesh into a food processor, discarding the skins. Add the remaining ingredients and pulse for a few seconds. Scrape down the sides with a spatula, then pulse again to combine.
4. Pour in the cooled chocolate, then pulse a final time until creamy and smooth. Add this mixture to the egg whites and fold gently about 10 times only.
5. Divide the mixture between six small bowls, then pop in the fridge to chill for at least 30 minutes. Serve with an extra grating of chocolate and a fresh fruit salad.



Prep Time: 15 minutes / Total Time: 1 hour

Credit: Courtesy Jamie Oliver – Dairy free chocolate mousse

Serves: 6