

# Creamy Chocolate Mousse



prep time  
~5 minutes



total time  
~5 minutes



servings  
4

## Ingredients

- 2 large avocados ~ 6 fat servings
- 4 ounces melted dark chocolate  
~ 1.5 carb servings, 2.5 fat servings
- 1/2 teaspoon Coconut Aminos
- 1/2 teaspoon balsamic vinegar
- 1/3 cup maple syrup ~ 3 carb servings
- 1 pinch salt
- 3 tablespoons coconut oil  
~ 3 fat servings

## Instructions

- 1 Blend until smooth, then refrigerate for a thick mousse or enjoy immediately for a thinner pudding!



Whole Recipe Breakdown:

Protein Servings: 0

Carb Servings: 4.5

Fat Servings: 11.5

Veggie Servings: 0

🍴 dessert

🍴 treats