

Creamy Nocolate Mousse

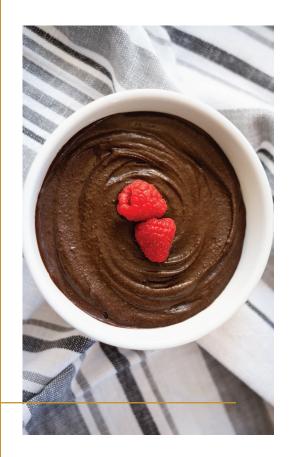


votal time ~5 minutes

Instructions

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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



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