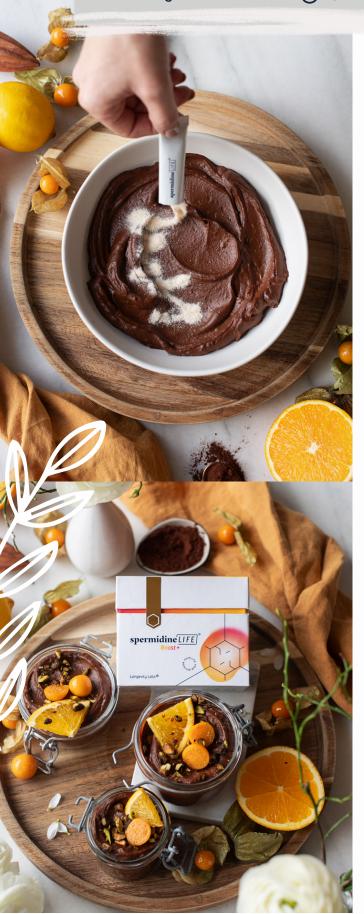


● • level of difficulty



Ingredients

400 g sweet potatoes (equals 1-2 sweet potaotes) 2 heaped tbsp cacao powder (unsweetened) 2 tbsp date syrup 5-6 tbsp nut mousse some vanilla pulp 1 splash of plant based milk (e.g. soy milk) 1-2 sachets spermidineLIFE® Boost+

> For the topping: fruits of your choice and season

Peel the sweet potatoes, cut into pieces and boil in a little water for around ten minutes until soft. Drain and leave to cool briefly.

Puree the soft-cooked sweet potato pieces with cocoa powder, date syrup, nut butter and vanilla pulp as well as a dash of plant-based milk alternative. Finally, stir in one or two sachets of spermidineLIFE® Boost+.

Pour the chocolate mousse into four glasses or bowls and serve garnished with fruit of your choice.