

# Sweet Potato Chocolate Mousse

4 servings

🕒 15 minutes

●●● level of difficulty



## Ingredients

- 400 g sweet potatoes (equals 1-2 sweet potatoes)
- 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 **spermidine**LIFE<sup>®</sup> **Boost+**

For the topping:  
fruits of your choice and season

## Preparation

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 cacao 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 **spermidine**LIFE<sup>®</sup> **Boost+**.

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