

2. Chocolate mousse

Ingredients:

- 2 avocados (ripe)
- 70g coconut oil
- 60g raw cacao
- 70g honey
- ½ vanilla bean (seeds only)

Nut base: Process nuts and dates until you have a dough (10 seconds speed 6)
150g walnuts or pecans

Put all ingredients in TMX bowl and combine 20 seconds, speed 5

Taste and add more honey if you like it sweeter

As a MOUSSE: put in fridge to set

As an ICING: use straight away and spread over cupcakes, set icing in the fridge and remove cupcakes half an hour before serving.

As an ICE CREAM: Freeze and use within a couple of hours of making...for longer storage times, remove from the freezer an hour before use.

As a SLICE: Prepare base, spread with mousse...freeze until set (approx. one hour), remove and slice into portions...store portions in the freezer.
and VOILA!