



The Gathered Green

ABN: 60 149 134 643

P: 0409 841 048

jane@thegatheredgreen.com.au

CHOCOLATE MOUSSE TORTE

(Using fresh avocados)

Thank you to Luke and Scott (Clean Living Fast Food) for the inspiration towards this recipe, and to realhousemoms.com for the picture.

Serves 8

Ingredients

- 2 cups almond meal
- ½ cup raw cacao powder, plus 1/3 cup extra
- ½ cup melted coconut oil
- ¼ cup maple syrup, plus 1/3 cup extra
- 2 avocados, flesh removed
- ½ tsp pure vanilla extract
- ¾ cup coconut cream
- 1 punnet of fresh strawberries, blueberries or raspberries.





The Gathered Green

ABN: 60 149 134 643

P: 0409 841 048

jane@thegatheredgreen.com.au

Method

Combine the almond meal, ½ cup cacao powder, coconut oil and ¼ cup maple syrup in a bowl. Add extra almond meal if mixture appears too moist. Press the mixture firmly into the base and up the sides of a 2cm deep, 20 cm side fluted flan tin with a removable base. Chill for 1 hour or until set firm.

Place the avocado, extra maple syrup (1/3 cup), vanilla, coconut cream and extra cacao (1/3 cup) in a food processor. Process until very smooth and light.

Spoon the mousse into the chilled tart case and level the surface, then chill for 30 minutes.

Carefully transfer the tart from the tin to a serving plate. Top with berries and serve.

Enjoy!

Jane

