

Frozen Chocolate Avocado Mousse



By Chef Amanda DeLaura

Okay, so it's still hot. And we're still in need of some recipes that will help cool you down in this humid summer heat. This frozen mousse is one of my favorite all-encompassing crowd pleasers. It is paleo friendly. Keto friendly. A great dessert for those with diabetes. And dairy free. While the crust is loaded with walnuts, a source of antioxidants and omega 3, the filling has raw cocoa powder, which has varying polyphenols. Both omega 3 and polyphenols support healthy brain function and are believed to reduce age-related mental degeneration. So, I guess you could say this avocado mousse is also guilt free! Bon appétite!

Serves 10 to 12

Ingredients:

TART CRUST

2 cups walnuts
1/4 cup cocoa powder
2 Tbsp coconut oil, *melted*
1/4 cup maple syrup
1 tsp vanilla extract
1/2 tsp salt

MOUSSE FILLING

2 cups avocado
1/3 cup almond milk
1/4 cup cocoa powder
1 tsp vanilla extract
2/3 cup peanut butter (or almond)
3 Tbsp GF flour, *optional*
1/4 tsp salt
1 cup + 2 Tbsp chocolate chips, *melted*

Directions:

1. Oil a 9” spring-form pan or 9” tart/quiche pan. Line the bottom with parchment paper.
2. In a food processor, pulse the walnuts. Add the following ingredients and pulse until mixed. Scoop the mixture into the prepared pan and press down firmly and evenly with fingers or spatula. Put into freezer to set while making the mousse.
3. Process all of the ingredients except the chocolate chips. Melt the chocolate chips over a double boiler, mixing frequently with a spatula to ensure the chocolate does not burn. Add the melted chocolate to the processor and process until smooth.
4. Remove the crust from freezer and scoop the mousse on top of crust. Smooth out as much as possible and then place in freezer for at least 2 hours to firm. Once firm, remove from freezer and rest on the counter for about 5 to 10 minutes before serving.

