**Chocolate-Avocado Mousse**

Serves 8

Recipe by Chef Rochelle

Ingredients

* 2 very ripe avocadoes
* 1 very ripe banana
* 7-10 medjool dates
* 3 Tbsp of coconut oil, melted
* ¾ cup coconut milk (or  ½ cup coconut cream with ¼ cup water)
* ⅓ cup unsweetened pure cocoa powder (chocolate powder)
* 2-4 Tbsp honey (to taste)
* ½  tsp salt
* 1 tsp vanilla
* 1 tsp cinnamon

Directions

1. Peel avocados and banana
2. Melt coconut oil
3. Add all ingredients, except honey, to the blender
4. Blend on high for several minutes, “pulsing” if necessary. You may need to stop the blender and mix then pack down all ingredients with a spoon, if the blender gets stuck.
5. Taste, and decide how much honey to use (depending on the sweetness of the bananas and dates). Try to use as little honey as possible to achieve sweetness.

Most desserts contain lots of processed added sugars. This delicious chocolate-avocado mousse is a wonderful way to enjoy dessert with some healthy natural fats, vitamins and minerals!