

# Creamy Vegan Chocolate Date Mousse

From American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/creamy-chocolate-date-mousse/>

Note: Option to garnish with raspberries, chopped nuts or a sprinkle of Himalayan sea salt.

## Ingredients

- 8-10 Medjool dates, pitted
- ½ cup light coconut milk, canned + ¼ cup water
- 1 ripe avocado, peeled
- ¼ cup unsweetened cocoa powder
- ¼ cup semi-sweet chocolate chips, melted

## Instructions

1. Chop the dates into small pieces.
2. Add chopped dates, coconut milk, and water into a blender or food processor and blend until smooth.
3. Add the avocado, melted chocolate chips, and cocoa powder. Blend again until creamy.
1. Pour into four small ramekins or bowls.
2. Chill in the fridge for at least 1-3 hours (or even overnight).

Makes 4 servings, about ½ cup each.

## Nutrition information per serving

Calories: 300	Sodium: 10 mg
Total Fat: 12 g	Protein: 4 g
Saturated Fat: 5 g	Total Carbohydrates: 54 g
Trans Fat: 0 g	Dietary Fiber: 9 g
Cholesterol: 0 mg	Total Sugars: 40 g