

# Chocolate Mousse

**Time to prepare:** 10 minutes

**Difficulty:** Very Easy

**Utensils:** Blender / Stick blender / Masher, bowl for mixture

**Adaptable:** Yes

**Vegetarian:** Yes

**Vegan:** Yes

**Dish origin:** Amazon region

## Ingredients

- Avocado, small, 1 per person
- Banana (pick your favorite), 2 per person
- Soy-milk (or plant milk of choice) or water, 2-5 tbsp depending on desired texture
- Pure cacao powder, 1 tsp per person
- Cinnamon, 1/4 tsp per person
- Sesame seeds, topping
- Banana slices, topping

## Preparation

Peel avocado and bananas and place them together with cacao powder and cinnamon in the blender. If using a stick blender or masher, then place everything in a bowl and mash/blend. Gradually add the water or soy milk until the mixture starts to become homogenous. Serve in a small bowl with sesame seeds and some banana slices as a topping.

---

Revision #4

Created 7 November 2022 15:01:06 by Mono-verde

Updated 13 November 2022 13:51:07 by Guest