

Modular Sweet 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: N/A

Ingredients:

- A cooked whole food starch without skin (sweet potato, pumpkin, cassava), 100g per person OR
 - A whole food fat source (nut butter, avocado) 3 tbsp or 1 small avocado
- A whole food sweetener (bananas, raisins, dates, pekmez, carob molasses), 80g per person
- A plant milk of choice or water, 2-5 tbsp (depending on desired texture)
- A powder filled with antioxidants (cacao, carob, amla, matcha), 1 tsp per person
- Spices of choice, 1/4 tsp per person
- Seeds or nuts of choice, topping
- Sliced fruits of choice, topping

Preparation

Add all ingredients except the toppings and plant milk/water in a blender and mix . If using a stick blender or masher, place everything in a bowl and mash/blend. Gradually add the water or plant milk until the mixture starts to become homogeneous. Serve in a small bowl and add toppings.

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