



# CREAMY CHILLI CHOCOLATE MOUSSE

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GLUTEN FREE > DAIRY FREE > VEGAN >

## INGREDIENTS:

For the Mousse: (Makes 4 good portions)

- 1 whole avocado
- 1/2 a red chilli
- 50ml of coconut nectar syrup
- 100g raw organic cacao powder
- 250ml homemade almond milk or KOKO coconut milk
- pinch of pink himalayan salt
- 1 teaspoon of ground cinnamon
- a small squeeze of fresh lemon juice

## METHOD:

Halve and peel your avocado and halve your chilli.

Place all of your ingredients into your blender and blend for a few minutes, on full speed, stopping and starting a couple of times to make sure the avocado is fully blended and everything is fully incorporated.

If you want to have more of a set mousse that you can put in the fridge, then add 50ml more coconut oil into the mix and this will set your mousse when in the fridge and give it a really nice chocolate pot texture.

This recipe is really easy to play around with and flavour how you like. All you need to do is switch out the chilli. Why not try orange zest, ginger or maybe even using oils to flavour.