



Chocolate Orange Avocado Mousse

DESSERT

- Gluten-free
- Dairy-free
- Vegan



RASPBERRY ALTERNATIVE RECIPE - PAGE 2
WITH NUTS!

IMMUNE AND DIGESTIVE SUPPORT



Prep time: 5-7 minutes



Cooking time: Nil



Total time: 5-7 minutes



Allergens: None

Servings: 2 large or 4 small

INGREDIENTS

- 2 ripe avocados, halved, remove stones and skin
- 2 tbsp pure cacao powder
- 1 large orange, juiced and zest (a pinch for the mixture)
- 1/8 tsp ground ginger
- 1/8 tsp ground nutmeg

- 3/4 tsp ground cinnamon
- Orange zest, to garnish
- 1 tsp vanilla extract
- 1 tbsp water
- 1 tbsp maple syrup (optional)
- Pinch of sea salt

PREPARATION

1. Begin with placing the avocado flesh into a blender and blitz until smooth.
2. Add all the remaining ingredients into the blender.
3. Once smooth and mousse-like in texture, remove and place the contents into a bowl, ramekin, or glass.
4. Garnish with left over orange zest or orange slices and enjoy!

This delicious autumn spiced dessert contains healthy fats, antioxidants and is simple to make. If you would like to try a different flavour, try this Chocolate Raspberry Avocado Mousse that follows as another option.





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Total time: 5-7 minutes



Allergens: Nuts

Servings: 2 large or 4 small

INGREDIENTS

- 2 ripe avocados, halved, remove stones and skin
- 2 tbsp pure cacao powder
- 15 fresh raspberries, washed
- 1 tsp vanilla extract
- 3 tbsp water
- 1 tbsp maple syrup (optional)
- Pinch of sea salt
- Crushed pistachios, to garnish

PREPARATION

1. Place the raspberries and 2 tbsp of water into a blender and mix until it becomes a puree.
2. Add the avocado flesh into the blender and blitz until smooth.
3. Add all the remaining ingredients into the blender.
4. Once smooth and mousse-like in texture, remove and place the contents into a bowl, ramekin, or glass.
5. Garnish with crushed pistachios and whole raspberries.

RECIPE HEALTH BENEFITS

- Avocados are high in healthy fats as well as antioxidants such as vitamin E, which is great for skin health. They contain a good amount of dietary fibre which supports the digestive system.
- Cacao powder contains powerful antioxidants and are rich in nutrients such as iron, magnesium, calcium, and zinc. Note that **Cacao** powder is similar in appearance to **Cocoa** powder, however pure raw Cacao is less processed and does not contain any added ingredients.
- Cinnamon in this recipe is a terrific addition as it helps regulate blood sugar levels.
- Oranges are an excellent source of vitamin C which supports the immune system. It is also a source of fibre.

TIPS

- Be sure to wash the oranges well under cold water and try to use organic options as this recipe calls for zest. Non- organic, waxed oranges contain a coating to protect them and used to give them a longer shelf life.
- Picking your avocados:
Ripe avocados are best consumed within a couple of days. Always look for the deep green colour which indicates they are ripe and ready to eat. Check the firmness and make sure they are not too soft and equally not too hard. If the skin of the avocado is cracked or contains dark soft patches, this is an indication that it is overripe.
- If you prefer a smoother, lighter texture to this chocolate dessert, add another tablespoon of water to the mixture.
- For a more bitter chocolatey taste, either remove the maple syrup from the recipe or add more cacao powder.
- Want to add a little bit more protein and nutrients to this recipe? Add a scoop of nut butter, hemp, or pumpkin seeds to the mix. * **Careful, these contain allergens.**



Recipe created by Gill Compton, CNM London:
Naturopathic Nutrition/NaturalChef

References:

- CNM London Lecture. (2021). Healthy Baking. London, United Kingdom.
- Mateljan, G. (2007). The World's Healthiest Foods. George Mateljan Foundation. Seattle, Washington. Pages 298, 368, 369
- Inspired by Dale Pinnock, Medicinal Chef



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