

BOB

'S RECIPES

CHOCOLATE AND AVOCADO MOUSSE

by Bob the Chef

INGREDIENTS

- 150 ml (10 tbsp.) chocolate chips
- 100 ml (1/5 cup) honey or maple syrup
- 100 ml (1/5 cup) cocoa powder
- 100 ml (1/5 cup) 35% cream
- 1 avocado (very ripe)
- 1 pinch salt

INSTRUCTIONS

1. Mix together the chocolate, the honey (or maple syrup), the cream, the cocoa powder and the salt in a double boiler.
2. Remove from stove and add in the avocado.
3. Stir until smooth with a stand mixer.
4. Pour into cups (or ramekins) and chill in the refrigerator for at least 2 hours



PREPARATION TIME: 15 minutes



CHILLING: 2 heures



SERVES: 4



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