

Elderberry Chocolate Avocado Mousse

Serves: 6 to 8

Prep Time: 5 min

Cook Time: 5 min

Instructions

1:
Place all ingredients (except the 2 optional toppings) into a high speed blender or food processor and process until all ingredients are well combined and smooth.

2:
Place in serving dishes and top with whatever desired toppings you choose! I suggest extra dark chocolate and Purely Elizabeth Chocolate Sea Salt Probiotic Granola

Notes

Nutritional Info (based on 6 servings w/o toppings):

Calories: 134

Fat: 7.8g

Saturated Fat: 1.3g

Polyunsaturated: 0.9g

Monosaturated: 4.8g

Trans: 0g

Cholesterol: 0mg

Sodium: 122mg

Potassium: 256.8mg

Carbs: 13.2g

Fiber: 3.6g

Sugars: 3.2g

Protein: 3.5g

Vitamin A (%): 2.2

Vitamin C (%): 21.5

Calcium (%): 4.3

Iron (%): 9.7

GLUTEN FREE, LACTOSE FREE, RAW, SOY FREE, LOW GLYCEMIC



Ingredients

2 avocados

1.5 scoops UCAN chocolate protein OR
UCAN Cocoa Delite

4 scoops cocoa elite cocoa powder OR 4
tbsp. cocoa powder

½ cup unsweetened almond milk

3 tsp agave syrup

3 tbsp elderberry wellness syrup

¼ tsp sea salt

Purely Elizabeth Chocolate Sea Salt Gran-
ola (optional topping)

Dark Chocolate Chips (optional topping)