



INGREDIENTS

- 2 cups Coconut Milk
- 4 tbsp Honey or Maple Syrup
- 2 tsp Vanilla Extract
- 4 tbsp Cocoa Powder, unsweetened

DIRECTIONS

1. Place coconut milk in the freezer for about an hour prior to making the mousse. You can also substitute for coconut cream and then you don't need to make sure your coconut milk is solid or firm.
2. Spoon the coconut cream out of the can and place in a large bowl or mixer.
3. Add honey, vanilla, and cocoa powder.
4. Beat until smooth and creamy.
5. Serve with fruit.

Chocolate Mousse with Berries

Dairy-Free | Gluten Free | Vegetarian | Vegan

Yield:
5 Servings

Prep Time:
70 Min

Cook Time:
10 Min

NUTRITION FACTS

Calories:	Fat:	Carbohydrate:	Sugar:	Protein:
286 kcal	23 g	21 g	17 g	3 g