

Chocolate Avocado Mousse & Strawberries

Dessert as a functional food — healthy fats, antioxidants, full satisfaction. Served as shooters on the buffet platter.

SERVES	ACTIVE TIME	HEAT	SKILLS
4	10 minutes	None — blender only	Blending to silky · Ripeness · Shooter plating

INGREDIENTS

- 2 large ripe avocados
- ½ cup cacao powder (not cocoa)
- ½ cup honey
- ½ cup almond milk, to consistency
- 1 pack fresh strawberries
- Juice of ½ lemon (optional)
- OPTIONAL TOPPINGS
- Nuts · seeds · coconut flakes · fresh berries

PER SERVING

280	4g	32g	17g	6g
CALORIES	PROTEIN	CARBS	FAT	FIBER

Scaled as full desserts. As two-ounce shooters the same batch stretches to roughly 48.

METHOD

- 1 Load the blender.**
Avocados, cacao powder, honey, almond milk and the lemon juice all go in together.
- 2 Blend to silky.**
Run it longer than you think. Grainy means you stopped early.
- 3 Add the strawberries.**
Blend again until fully incorporated and the color evens out.
- 4 Chill or serve.**
Thirty minutes in the cooler gives you a thicker mousse. Straight out of the blender works too.
- 5 Plate the shooters.**
Spoon into two-ounce cups. Top with nuts, seeds, coconut flakes or berries.

CHEF'S NOTES

The abundance mindset on a plate. Instead of removing dessert, we redesign it. Avocado brings monounsaturated fat and potassium, raw cacao is among the highest-antioxidant foods there is, and strawberries add vitamin C and folate.

Cacao, not cocoa. Cacao is the raw, less-processed version. It is the reason this works as a functional food instead of just a chocolate pudding.

Ripeness is the whole recipe. A hard avocado will never go silky. Press it — it should give.

Scaling: ×6 for all four groups (24) — 12 avocados, 2 cups cacao, 2 cups honey, 3 cups almond milk, 6 packs strawberries, 3 lemons. Half this order also works if serving shooters only.