

Strawberry and chocolate mousse tartlets

Search:

- [Desserts](#)
- [Recipes](#)

Strawberry and chocolate mousse tartlets

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js =  
d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1";  
fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));  
Tweet !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.cre  
ateElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,  
fjs);}}(document,"script","twitter-wjs");
```



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true;  
po.src = 'https://apis.google.com/js/plusone.js'; var s =  
document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();  
Add to favorites
```

Strawberry and chocolate mousse tartlets



Rate this recipe

6 people are cooking this [Count me in](#)

Looking for healthy desserts? We love these strawberry and chocolate mousse tartlets.

The 'mousse' is made from banana and avocado, while the crust is made from almonds, dates and raw cacao. What's not to love?

Ingredients (makes 4)

Crust

- 1 cup almonds
- ¼ cup pitted [dates](#)
- 1 tsp bee pollen
- 2 tbsp [raw](#) cacao powder
- 2 tbsp cacao nibs (optional)

Strawberry and chocolate mousse tartlets

Mousse

- 1 banana
- 1 ripe [avocado](#)
- ½ cup raw cacao powder
- ¼ tsp Himalayan sea salt

Garnish

- 4 fresh strawberries
- 2 tsp bee pollen
- 1 tbsp dried rose petals or red tea blend (optional)

METHOD

Blend together the mousse ingredients and set aside in the fridge.

Blend together crust ingredients and press into silicone muffin moulds.

Fill crust with mousse, top with a fresh strawberry, bee pollen and rose petals (if using). Serve.

NEXT: [Raw chocolate mousse.](#)

```
function displayNutrition(msg) { $('nutrition-label-container').text(msg); $('nutrition-label-container').fadeIn(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { // $('result').html(data); alert('This recipe was added to your favorites list'); }); }
```