

Raw chocolate mousse with berry layers

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We can't get enough of Nadia Felsch's yummy raw chocolate mousse! Find the recipe below.

Ingredients (serves 2)

- ½ cup blueberries
- 5 medjool dates, pitted
- 1 medium ripe avocado, flesh only
- ½ cup milk
- 2½ tablespoons raw cacao powder
- ½-1 tbsp honey (to taste)
- 1 tsp ground cinnamon powder
- ½ tsp vanilla powder (or 1 tsp quality vanilla extract)
- Fresh blueberries to serve

Method

Add blueberries to a small food processor and process for 30 seconds or until pureed. Scrape puree into a separate bowl and set aside. Wash and dry processor for the next step.

Add all remaining ingredients to clean processor and process for a minute or until smooth and creamy. Store in the fridge or serve immediately by dolloping layers of mouse with layers of

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blueberry puree and fresh blueberries.

You can use frozen berries for this recipe, though thaw before using. For a vegan option, use nut milk and maple syrup.

Recipes and food photography: [Nadia Felsch](#).

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