



Healthy Plant-based Recipes:

Avocado Mousse

- Makes 2 cups

Ingredients

- 2 large avocados
- ¼ cup carob powder
- ½ cup almond or soy milk
- 3 tablespoons honey or date puree
- Garnish: fresh cherries

Method

- Place avocados, carob, milk and honey into a blender and blend until smooth
- Pour mousse into serving dishes and store in refrigerator
- To serve, garnish with fresh cherries

- Source: The Revive café cookbook #6 – Jeremy Dixon