

# Avocado Mousse

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*This simple recipe for avocado mousse is both simple and delicious. You need just four ingredients to make this tasty dish, and absolutely no preparation. If you're keen try something new when it comes to avocados, then you can't go wrong with this easy-to-follow recipe.*

*Avocado mousse is the perfect accompaniment to smoked salmon or melba toasts, and is sure to impress your guests at a dinner party or event. On the other hand, this mouse also makes an excellent dip if you're looking to make finger foods. This recipe is extremely versatile, and is certainly able to compliment a variety of other dishes.*

*Similar in texture to chocolate mousse, but with a flavor that's got hints of tropical fruit, this mousse can be eaten with fresh fruits, granola, atop cold pies, or straight out of the bowl.*

## Ingredients:

3 ripe avocados, peeled, pitted  
2 medium limes, juiced  
½ cup heavy whipping cream  
¼ cup sugar

## Directions:

- 1) Combine avocados and lime juice in a food processor; puree until smooth. Set aside.
- 2) Beat whipping cream and sugar in a medium bowl until soft peaks form; fold gently into avocado mixture.
- 3) Chill at least 2 hours and serve cold.