

No-Sugar Chocolate Avocado Mousse

Printed from Avocado Recipes at <http://www.avocadorecipes.net/>

No sugar needed for this naturally sweet dessert, and very little prep work either! Just puree, chill, and indulge.

Ingredients:

2 ripe medium avocados, peeled, pitted, chopped
2 ripe medium bananas, peeled, chopped
½ cup milk
3 tablespoons cocoa powder

Directions:

- 1) Combine all ingredients in a food processor or large bowl; puree or mash until smooth.
- 2) Chill for 2 hours and serve.