Chocolate Avocado Mousse

- An easy to make, rich and delicious treat.
- Good to have on hand for a high calorie snack when treatment lowers your appetite, or causes a sore or dry mouth making eating difficult.
- Be sure to wash the outside of the avocado well before cutting into it.
- Recipe from www.cookforyourlife.org

Ingredients:
- 1 ripe Haas avocado (not the green Florida variety)
- 2-3 tablespoons agave nectar or honey
- ¼ cup unsweetened cocoa powder
- ½ teaspoon vanilla extract
- Small pinch of salt
- 2 tablespoons almond, soy or regular milk
- 1 cup washed raspberries (optional)
Directions:

1. Cut the avocado in half and remove the pit. Using a spoon, scoop out the flesh and put into a small blender or food processor.

2. Add the agave or honey, cocoa powder, vanilla, salt and milk. Blend until very smooth. Taste and adjust for desired sweetness.

3. Pour mixture into a bowl and chill until ready to serve. Top with fresh raspberries or other fruit if desired. Makes 2 servings.

Nutrition Information (per serving):
415 calories, 5 grams protein, 55 grams carbohydrate, 24 grams fat