



# CHOCOLATE MOUSSE WITH AQUAFABA AND AVOCADO



Preparation time  
**30 minutes**



Total time  
**2 hours 30 minutes**



Portions  
**6**



Difficulty  
**Medium**

## INGREDIENTS

- 1 Aurum avocado
- 150g gluten-free dark chocolate (minimum 70%)
- 150ml aquafaba (cooked chickpea liquid)
- 2 tablespoons coconut sugar or agave syrup
- 1 teaspoon vanilla extract
- Pinch of salt

## PREPARATION

1. Melt the dark chocolate in a double boiler or in short bursts in the microwave. Let it cool slightly.
2. Blend the avocado pulp with the melted chocolate, syrup, and vanilla extract until smooth.
3. Whip the aquafaba with a pinch of salt until stiff peaks form (like stiffly beaten egg whites).
4. Gently fold in the chocolate and avocado mixture, being careful not to deflate it.
5. Divide into small glasses and chill in the refrigerator for at least 2 hours before serving.
6. Optional: decorate with cocoa powder, red berries, or orange zest.