



Keto Chocolate Avocado Mousse

Active Time: 5 minutes | **Total Time:** 5 minutes | **Serves:** 4

Nutrition Information Per Serving

182.3 calories, 7.67 g carbohydrate, 5.15 g fiber, 2.52 g NET carbs, 2.34 g protein, 18.12 g fat

Ingredients

- 5 drop(s) SweetLeaf SteviaClear Liquid Stevia
- 1/10 cup(s) coconut milk
- 1/8 tsp(s) vanilla extract
- 1/10 tsp(s) sea salt
- 1/2 Tbsp(s) virgin coconut oil, melted
- 1/4 medium avocado
- 1/10 cup(s) organic cocoa powder

Preparation

1. Add all ingredients to a food processor.
2. Blend until creamy, adding additional coconut milk to achieve desired consistency. Adjust sweetness with additional stevia.
3. Chill and serve.

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