

# VEGAN CHOCOLATE MOUSSE

## INGREDIENTS

- 1 cup full-fat coconut milk (chilled overnight, use the thick cream only)
- 6 medjool dates (pitted, soaked in warm water for 10 minutes)
- ¼ cup raw cacao powder
- 1 teaspoon vanilla extract
- Pinch of sea salt
- Optional: 1-2 tablespoons almond or hazelnut butter (for extra creaminess)

## METHOD

1. Prepare the Ingredients:
2. Scoop the thick cream from the top of the chilled coconut milk can. Discard or save the liquid for another use (e.g., smoothies).
3. Drain the soaked dates and blend them in a food processor or high-speed blender until smooth.
4. Blend the Mousse:
5. In a blender or food processor, combine the coconut cream, date paste, cacao powder, vanilla extract, and sea salt.
6. Blend until smooth and creamy. Scrape down the sides as needed. Taste and adjust sweetness by adding another date if desired.
7. Chill:
8. Spoon the mousse into serving bowls or glasses. Refrigerate for at least 1-2 hours to allow it to set and thicken.
9. Serve:
10. Top with your favorite garnishes such as fresh berries, shredded coconut, chopped nuts, or a sprinkle of cacao nibs. Serve chilled.