 **Chocolate Avocado Mousse**

*Serves 4*

**Ingredients**

2 Avocados

2 oz dark chocolate, chips or chopped

3 tbsp unsweetened cocoa powder

¼ cup milk, whatever kind you prefer

1 tsp vanilla extract

1/8 tsp salt

½ tsp cinnamon

Toppings: Berries, Banana, whipped cream, cinnamon

**Directions**

1. Melt chocolate in a double boiler or in the microwave.
2. Scoop out the flesh of the avocado and add to a food processor.
3. Add melted chocolate, cocoa powder, milk, vanilla extract, salt, and cinnamon. Blend until smooth.
4. Scoop ¼ cup servings into bowls and top with fruit, whipped cream, and a dash of cinnamon!

**Nutrition**

*200 calories, 9g C, 3g P, 16g F*