



RAW LAYERED CHOC MOUSSE

Ingredients:

- 3 avocados, ripe (flesh only)
- 2 teaspoon vanilla powder
- ¼ teaspoon sea salt
- 1 teaspoon stevia
- 1/3 cup raw cacao
- 1 tablespoon coconut oil
- ½ cup raw dark choc chips (melted)
- 2 ripe bananas, skin removed and sliced
- 2 passionfruit – remove pulp
- 2 cups blueberries (can you frozen that have defrosted)
- ½ cup pistachio kernels
- ¼ cup coconut flakes
- 1 teaspoon coconut oil
- 4 medium size jars to serve in

In a blender place avocado flesh, vanilla powder, sea salt, stevia, cacao, coconut oil and raw dark melted chocolate – blend until all mixed together and smooth.

In each jar place sliced banana on bottom – then a layer of passionfruit pulp – followed by a layer of choc mousse – then layer of blueberries – and another layer of choc mousse.

Place in fridge for at least 2 hours to set.

Prior to serving toast the pistachio kerns and coconut flakes in a little coconut oil and allow to slightly cool.

Place on top of each jar mix prior to serving!

** Do tasting on this recipe you might like the choc mousse a little sweeter or more chocolatey (add some more choc chips) – or your might like to cut back on the choc chips.