



## Chocolate Avocado Magic Mousse

- 4 avocados (halved and pitted)
- 1/2 cup raw cacao
- 1/2 cup dates (pitted and soaked for two hours)
- 1 tsp vanilla
- 1-2 tsp stevia (Truvia is recommended)
- 1 handful slivered almonds

Blend all ingredients (accept the slivered almonds) in a blender or food processor until creamy and top with some slivered almonds or nuts of your choice.

### *Health Nugget:*

*With avocado's delightful voluptuous shape, it has been known for centuries as an aphrodisiac. Avocados were considered so sexy that the Spanish priests at one point prohibited their consumption. This creamy goddess fruit is power packed with nutrients and good fat keeping blood sugar and hormones in balance and your energy ready for summer fun.*

