

Avocado & Banana Chocolate Mousse

Ingredients:

1 medium banana
1 small avocado, ripened
2 tbsp. cocoa powder
1 Ω tbsp. pure maple syrup
 Ω tsp. pure vanilla extract
 $^{\circ}$ tsp. ground cinnamon
Whipped Cream for garnish (optional)

Directions:

Slice bananas. Peel and pit the avocado, cut into chunks. Add all ingredients except the whipped cream to a food processor bowl or small blender. Process the mixture until smooth (about 2-3 minutes), stopping to scrape down sides of the bowl or blender, if needed. If the pudding seems too thick, add 1-2 teaspoons of water at a time until it blends easily. Transfer to an airtight container and refrigerate until completely chilled before serving, about 1 hour. Serves 2.

Nutrition Info: (for Ω recipe)

Calories: 171
Fat: 8 grams
Saturated Fat: 2 grams
Carbohydrate: 28 grams
Fiber: 6 grams
Protein: 1 gram
Sodium: 7 grams
Exchanges: 2 fruit 1.5 fat