

Selah V. Fitness - Recipes

CHOCOLATE AVOCADO MOUSSE

INGREDIENTS

2 large organic Hass Avocados
1/2 c. Malitol Maple Syrup
2-4 NuNaturals Stevia Packets or 2-4 Tbs. of Stevia in the Raw for Baking
2 Tbs. Organic Coconut Oil
1-2 tsp. vanilla
1 tsp. balsamic vinegar
1/2 tsp. Soy Sauce
1 Cup Unsweetened Cocoa

DIRECTIONS

Blend all ingredients together in a Food Processor or High Powered Blender.
Place in Refrigerator for 10 minutes.

As you let the mousse chill, join me in a 10 minute Cardio Interval program!