



# Chocolate avocado mousse with orange

Hands on

**4**  
Portion(s)

**1**  
Difficulty



## Ingredients

- 2 bananas, ripe
- 2 avocados, ripe
- 60 g dates, pitted
- 4 tablespoons cocoa powder
- 100 g orange juice
- grated zest of 1 orange

To serve

- 8 slices of orange, cut in half
- mint tips

## Διατροφικός πίνακας

Nutrition information per portion

207 Calories (kcal)	8.2 Total Fat (g)	5.5 Saturated Fat (g)	27.6 Total Carbs (g)
10%	12%	28%	11%
11.4 Sugars (g)	4.3 Protein (g)	3.0 Fibre (g)	0.17 Sodium (g)
13%	9%	12%	3%

## Method

- Cut the bananas into pieces and place in the freezer for 4 hours or overnight.
- In a food processor, add the bananas, avocado and dates. Beat for 2-3 minutes, until all of the ingredients are completely combined and the dates completely break down.
- Add the cocoa powder, orange juice and orange zest.
- Beat for 1 minute, until incorporated.
- Divide between serving bowls and serve with orange slices and mint tips.