

## Raw Chocolate Mousse

- 3/4 C Dates soaked until very soft with pits removed
- 2 avocados
- 1 C. Almond Milk
- 1/2 C Almond Butter
- 3/4 C Cacao Powder
- 1/2 C Agave

In food processor or blender, combine all ingredients and blend or process until smooth. Refrigerate, then enjoy. You will not believe how good this is! Try reducing the quantity of Agave if you prefer a less sweet version.

Why? Cacao has a high level of antioxidants, and is an excellent source of dietary fibre. Cacao is known to be one of the highest dietary sources of magnesium, and contains an impressively high iron content. It also has many other essential minerals in significant quantities. Cacao is also a source of serotonin, dopamine and phenyl ethylamine, which are said to help alleviate depression and increase feelings of well-being. Cacao also contains anandamide, which delivers feelings of bliss and B vitamins, which are essential to brain health.

As you enjoy this chocolate mousse, made with cacao and other healthy ingredients, know that you are not only experiencing bliss on your palate, but also are doing your brain, body and attitude a favour.

