

# Avocado Chocolate Mousse

This low-sugar, whipped Avocado Chocolate Mousse is loaded with healthy fats and tastes as deliciously creamy as it looks.

Each serving provides 2.5g of **CanPrev's L-Glutamine** powder to help repair muscle tissue, improve gut health, and support your immunity. It pairs perfectly with nourishing polyphenols from the cocoa and fibre and healthy fats from avocado. This recipe takes 5 minutes to make, and 60 minutes to set - trust us, it's worth the wait.



Preparation time: 65 mins | Servings: 3



## Ingredients

- 200g canned coconut milk, chilled
- 1 large avocado
- ¼ cup cocoa powder
- ¼ cup erythritol
- ¼ tsp vanilla extract
- 1½ scoops L-Glutamine

## Method

1. Add all ingredients to a high-speed blender. Blend to incorporate, forming a whipped consistency.
2. Divide into three bowls, and chill in the fridge for an hour before serving.
3. Enjoy plain or topped with fresh berries, shredded coconut, chocolate chips or chopped nuts.

**Storage Instructions:** Store in an airtight container in the refrigerator for up to 3 days.

## Featured Products



## Developed by: Joyce Baddour



Joyce is a health enthusiast and recipe creator on a mission to empower individuals to transform their health with delicious and nourishing blood sugar-friendly recipes.

