



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

## Vegan Chocolate Mousse

adapted from my friend Brenda Stanley's recipe

Serves 4

2 ripe avocados, peeled and pitted  
¼ cup maple syrup  
¼ cup unsweetened cocoa powder  
1 teaspoon vanilla extract

### Directions

Put avocados in food processor chop.  
Add maple syrup, cocoa powder and vanilla extract and process until smooth.  
Chill then serve.

THE LOVE: Make sure the avocados are really ripe!