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by B- Method Recipe

Healthy Vegan Chocolate Mousse



Ingredients

1 frozen banana chopped (I highly recommend keeping one for craving-emergencies in your freezer at all times)
1 avocado
1/2 tbsp of vanilla essence
1 scoop or 30g of choice chocolate protein powder (I use Smart Fitness Athlete powder because it's low-cal, all-natural and has a low whey content)
1/3 cup of almond or soy milk (you may use regular cow's milk of you like)
2 tbsp of cacao nibs
Topping : goji berries, raspberries, nuts, bee pollen, cacao nibs (as you wish!)

Preparation

1. In a blender, blitz together the avocado flesh, the banana, the almond milk, chocolate protein powder and vanilla essence. This takes about 2 minutes to form a creamy mixture.
2. Manually stir in the cacao nibs.
3. Top with toppings of your choice and dig in.

Cooks Note

This healthy mousse alternative is nothing short of revolutionary. Now you can enjoy chocolate mousse knowing that it's protein-rich, vegan, dairy-free and boasts of ONLY natural sugars. Add to that the fact that it literally takes 5 minutes to prepare and this is EPIC chocolatey creaminess super-quick at your fingertips. An incredible way to preserve your fitness and fertility whilst still indulging. Recipe makes for about 3 servings or 2 hearty ones.