

Avocado Mousse (Vegan)

Yield: 3 min
Total Time: 8 min

Recipe from: <https://www.recipeschoose.com/recipes/chocolate-avocado-mousse-recipe-indian>

Ingredients:

- 7 ounces chocolate chopped dark or semi sweet or bitter sweet
- 1 avocado medium, pitted, peeled and chopped
- 4 tablespoons sugar powdered
- 2 tablespoons cocoa powder
- 1 teaspoon vanilla extract

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 79 grams
3. Fat: 15 grams
4. Fiber: 7 grams
5. Protein: 3 grams
6. SaturatedFat: 4.5 grams
7. Sodium: 25 milligrams
8. Sugar: 60 grams

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