

# Retreat Kitchen

## Chocolate Mousse

### Ingredients

- 1-2 frozen ripe banana
- 4 tbsp cacao powder
- 1 ripe avocado/sweet potato
- 2-3 tbsp maple syrup
- 1tsp lemon juice
- 1tsp vanilla extract
- pinch of sea salt
- cacao nibs
- goji berries to decorate

1. Blend all ingredients plus 2 tbsp of chilled water, together in your food processor or blender until smooth.
2. Taste and adjust sweetness to taste.
3. Pour into small glass pots for serving and sprinkle with nips and berries.
4. Refrigerate for 1-2 hours prior to serving.

*(Will keep refrigerated for up to 2 days)*