

HEALTHY AVOCADO CHOCOLATE MOUSSE

INGREDIENTS

- flesh of 2 very ripe avocados (240g) -
dice into very small cubes
- 1/4 cup dark cocoa powder
- 1/4 cup melted dark chocolate chips
- 4 tbsp milk of choice (I use lactose free,
fat free, unsweetened vanilla, chocolate
or plain almond milk, or soy milk)
- 1/2 tsp pure vanilla extract
- 1/8 tsp salt
- sweetener of choice to taste (I use 6
packets Stevia in the Raw)

Place all in a small food processor and run
until smooth. Pour into a covered container
and place in frig to set for a few hours and
ENJOY!

RECIPES FOR RESTORATION



NYBRA

PLASTIC SURGERY