SEVENTH
GENERATION
DESIGN

Avocado Chocolate Mousse Recipe - 4 Minute Video Version HERE

Ingredients

Filling
- (6) medium ripe Hass avocados
- (1) cup coconut milk
- (1) cup coconut oil, melted
- (½) cup cacao butter, melted
- (1) cup raw honey
- (1&½) cups raw cacao powder
- (¼) TSP sea salt
- (2) TBSP vanilla

Crust
- (1) egg
- (½) TSP vanilla
- (½) cup butter, melted (use coconut oil if keeping it dairy free)
- (¼) cup raw honey
- (2) cups almond flour
- (dash) cinnamon

Raspberries & Raspberry Sauce
- (6) small cartons raspberries
- (1) lemon, juiced

Recommended Order Of Operations

Filling
1. Blend up avos, vanilla, coconut milk and salt
2. Add melted coconut oil and cacao butter, blend until uniform
3. Add cacao powder, blend until uniform
4. Add honey, blend until uniform
5. Taste and adjust (vanilla and honey cut cacao bitterness)

Crust
1. Mix wet ingredients: egg, vanilla, melted butter, honey
2. Mix dry ingredients: almond flour, cinnamon
3. Add wet to dry, mix thoroughly
4. Grease pie dish with butter (or coconut oil)
5. Use fingers to mold batter into pie dish (high sides = more mousse capacity)
6. Bake @ 350 for ~ 18 minutes, remove and cool

Raspberry Sauce
1. Empty (3) cartons of raspberries into saucepan, set to low heat.
2. Allow berries to warm gently, then mash until juiced
3. Add juice of (1) lemon
4. Pour over strainer to remove seeds (this may take some time and moving of the strainer)

Assembling The Pie
1. Pour first layer of mousse into pie shell, use batter scraper to level (approx ¾" deep)
2. Add layer of raspberries, hollow side up, embedded in mousse
3. Fill raspberry hollows with raspberry sauce
4. Pour final layer of mousse over sauce-filled raspberries, heaping it as high as you can
5. Shape with batter scraper
6. Layer top with more raspberries
7. Refrigerate to cool and help the mousse set
8. Serve cooled slices with raspberry sauce drizzled over them