

Chocolate Avocado Mousse

1) Place the chopped chocolate in a small bowl. Place over a small saucepan of barely simmering water. Stir until the chocolate is melted and smooth, about 3 minutes. Set aside to cool slightly. 2) Place the melted chocolate, avocados, agave, cocoa powder, almond milk, vanilla and salt in a food processor. Blend until smooth and creamy, scraping the sides of the bowl as needed. Spoon into glasses and refrigerate for at least 3 hours (can be prepared 1 day in advance). Garnish with fresh raspberries and serve. Recipe courtesy of Giada De Laurentiis

I love Giada!!! (as well as many other food network chefs, but Giada is in my top 3). Is it sacrilegious not to have a pumpkin recipe for week three of healthy thanksgiving recipes? Not in my opinion! Chocolate trumps everything! I did post the pumpkin smoothie and pumpkin energy bars a few weeks ago so if you need a pumpkin fix try one of those recipes. Growing up 99.9% of desserts were chocolate. I grew up with a bunch of chocoholics. I actually never really tried anything pumpkin until I met Neil. Pumpkin really isn't my thing; so chocolate it is! This is extremely rich, you need some raspberries (or strawberries, blackberries or blueberries) to cut through some of the richness. If you do not tell a single person that there is avocado in this recipe they will NEVER know. Keep these kinds of secrets to yourself! Have a wonderful Thanksgiving. Remember to indulge slightly, savor it and move on.

xoxo

Kristin