

## SNEAKY HEALTHIER CHOCOLATE MOUSSE



Avocados are a source of healthy (unsaturated) fats and vitamins B6, C and E, plus minerals and fibre, which together provide a nutrient-rich boost for our whole body! And while in the UK they're known for their use in savoury dishes, like guacamole, and salads, other countries around the world use the avocado in sweet dishes such as milkshakes, ice creams and cakes. And with a generous addition of cocoa powder, even the most picky eaters can be tempted ...



**Skills Check:** Follow a recipe; follow food safety & hygiene rules; tidy away; scrape out a bowl with a spatula; use measuring spoons and cups; use balance/digital scales; chop using bridge/claw technique; garnish and decorate.

**Equipment:** Food blender or mixer, knife, chopping board, spatula, piping bag (optional).

### Ingredients (serves 8):

- 2 ripe Hass avocados
- 40g cocoa powder
- 1 tsp vanilla extract
- 75ml almond milk
- A touch of honey to taste if it's too bitter
- Fresh mint leaves (or raspberries) to decorate

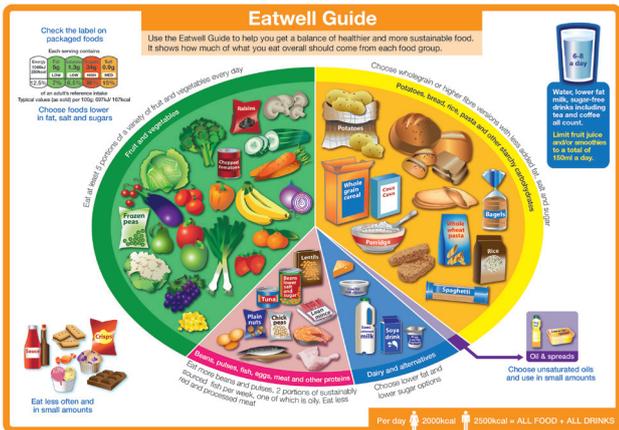
### Method

1. Peel the avocados and remove the stones. Roughly chop the flesh.
2. Place the avocado, cocoa powder and vanilla in a blender and blend until smooth. Gradually add the milk and blend to a smooth, mousse-like consistency.
3. Add the honey if needed.
4. Spoon (or pipe) into small ramekins and chill for a few hours before serving.
5. Decorate with a mint leaf or fresh raspberries.



## SNEAKY CHOC MOUSSE

### Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### So, thinking about Sneaky Healthier Choc Mousse...

**Avocados** are a good source of a range of vitamins (C, E and B6), minerals and fibre. They are high in calories and fat, but the type of fat they contain is considered to be a 'healthy' fat (monounsaturated fat).



**Cocoa Powder** is made from the same cacao bean that is made into chocolate, but after the cocoa butter (the fatty bit!) has been extracted.



### Energy, sugar, fat and salt per serving

Per 64g serving

<b>ENERGY</b>	368kJ / 89kcal	4%
<b>FAT</b>	7.8g	11%
<b>SATURATES</b>	2.2g	11%
<b>SUGARS</b>	1.2g	1%
<b>SALT</b>	TRACE	<1%

% of an adult's reference intake  
Typical values per 100g : Energy 575kJ / 139kcal

### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage