



10 Day Alkaline Challenge

Menu Plan - Day 9 - Recipes

Dessert

Avocado Chocolate Mousse

INGREDIENTS:

- 1 1/2 Avocados
- 2/3 cup Coconut Water
- 1 tbsp Vanilla extract or a vanilla pod
- 2 tbsp Raw Cacao
- 3 Dates (use 5 if you like it a little sweeter)
- 1 tsp Sea Salt
- Use some 70% Dark Chocolate shavings as a Ganache (optional)



METHOD:

1. Blend all ingredients in blender at high speed until you reach a thick, desired consistency. Refrigerate to make firm.

NOTE: It will thicken more once refrigerated, so don't blend TOO much

