



# Chocolate Avocado Protein Mousse

---

## Instructions

1. Add avocado flesh, cacao powder, milk, vanilla, sweetener, salt, and collagen or protein powder to a blender or food processor.
2. Blend until completely smooth and creamy.
3. Start with  $\frac{1}{3}$  cup milk, then add more as needed for desired texture.
4. Taste and adjust sweetness or chocolate level if desired.
5. Chill 30–60 minutes before serving for the best texture and flavor.
6. Option: Top with crushed grain-free Simple Mills Sweet Thins just before serving for crunch (paleo version).

*Contains almonds—Omit this topping if known allergy*

## Texture Tips

- Too thick? Add plant milk 1 tbsp at a time.
- Too thin? Add: 1 tsp collagen, or chill longer before serving.

*Yield: 2–2½ cups pudding.*

*Serving size  $\frac{1}{3}$  cup*

*Protein—approx 8 g*

*Fiber—approx 6 g*

*Calories—approx 185–200*

## Ingredients

- 2 large ripe avocados (or 3 small)—or frozen avocado chunks (thaw 10–15 min before blending)
- $\frac{1}{4}$  cup cacao powder or unsweetened cocoa powder
- $\frac{1}{3}$ – $\frac{1}{2}$  cup unsweetened plant-based milk (almond, coconut, cashew, or oat)  
*Note: Start with  $\frac{1}{3}$  cup and add 1 tablespoon at a time to reach desired consistency.  
\*Use coconut milk for known nut allergy.*
- 1 tsp vanilla extract
- 3 tbsp raw honey or 100% maple syrup. (adjust to taste)
- Pinch sea salt
- 2–4 tbsp collagen peptides or protein powder.

## Recommended Protein

### Amount

- **2 tbsp** » creamier, lighter mousse texture
- **3 tbsp** » best balance of texture + protein
- **4 tbsp** » thicker, richer, more protein-packed pudding

**Optional Toppings: coconut flakes, fresh berries, Simple Mills crushed sweet thins, or nuts**