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Easy Double Chocolate Mousse Recipe (Raw, Dairy-Free, Paleo)

Prep Time: 20 minutes

Serves about 6



A creamy smooth raw chocolate mousse topped with a layer of bittersweet chocolate ganache for extra intensity.

Ingredients

For the chocolate mousse:

- 1 cup/ 112g raw cashews, soaked overnight in water
- 160g/ about 8 large Medjool dates, pitted and soaked overnight in water

- ¾ cup of filtered water (plus more if needed)
- 1/4 cup/60ml coconut oil, melted
- 6 Tablespoons/ 28g raw cacao powder (or natural cocoa powder)
- 1/4 tsp sea or Himalayan salt
- 1 vanilla bean, split and seeds scraped (or 1 tsp vanilla extract)

For the chocolate ganache:

- ½ cup/120ml real maple syrup
- 2 Tablespoons/30g extra virgin unrefined coconut oil, melted
- 6 Tablespoons/ 28g raw organic cacao powder
- Raw cacao nibs or berries for garnish (optional)

Instructions

Make the chocolate mousse:

1. Cover the cashews and pitted dates with water and soak for at least 4 hours or overnight in the fridge.
2. Drain cashews and dates and place in a high-speed blender with filtered water, melted coconut oil, cacao powder, salt and the seeds from the vanilla bean. Blend until completely smooth, scraping down the sides with a spatula occasionally adding extra water a Tablespoon at a time as needed. The mixture should be creamy, smooth and the consistency of a loose batter when done, mousse will set and firm as it cools in the fridge.
3. Spoon mousse into individual serving bowls and place in fridge while making ganache.

Make the chocolate ganache:

4. In the food processor, blend together the maple syrup and melted coconut oil until well combined.
5. Add in the cacao powder and process until smooth scraping down the sides as needed.

6. Pour the chocolate ganache over mousse and top with cacao nibs if desired, cover and chill for at least 3 to 4 hours or overnight.
7. Remove mousse from fridge at least 10 minutes before serving for a creamier consistency or serve chilled for a thicker consistency. Serve with berries on the side if desired.

Notes

Gluten-Free, Grain-Free, Dairy-Free, Vegan, Paleo, Raw (use vanilla bean instead of extract and cacao powder instead of cocoa powder)

Read more: <http://gourmandeinthekitchen.com/2013/raw-chocolate-mousse-recipe/#ixzz2mrEgrFKH>

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We look forward to seeing you soon,

Paula