



# Chocolate Avocado Mousse Pie

from The Conscious Plant Kitchen

## INGREDIENTS

### Chocolate Crust

- 1 1/3 cups raw unsalted almonds
- 1/2 cup unsweetend desiccated coconut
- 2 tbs unsweetened cocoa powder
- 1/3 cup maple syrup
- 1 tbs melted coconut oil

### Chocolate Avocado Mousse

- 1 cup avocado
- 1/3 cup unsweetend almond milk
- 6 tbs unsweetend cocoa powder
- 1/3 cup maple syrup
- 3 tbs melted coconut oil

### Optional Topping

Whip cream or dairy-free coconut yogurt



**Prep Time:** 15 minutes

**Refrigerate:** 4 hours

**Total Time:** 4 hours, 15 minutes

**Serves:** 10 slices

## DIRECTIONS

### No-Bake Chocolate Crust

- 1) In a food processor, add almonds, coconut, and cocoa powder and blend into a thick meal (about 30 seconds).
- 2) Add maple syrup and coconut oil.
- 3) Blend until a sticky dough (sticky enough to form a crust). If too loose or dry, add 1 tbs of water and blend some more.
- 4) Press the crust into an 8-inch (20 cm) loose bottom pie pan. If needed, place a piece of parchment paper between your fingers and dough to keep hands clean. Press until dough covers all the pan.

5) Place pie pan into fridge to set.

### Chocolate Avocado Mousse

- 1) Add avocado, maple syrup, cocoa powder, almond milk, and coconut oil to blender. Blend into a shiny, consistent mousse, scraping down sides of blender if needed.
- 2) Pour mousse into the prepared chocolate crust.
- 3) Refrigerate 4 hours before serving. Freeze for an additional 30 minutes for a thicker texture (closer to chocolate cheesecake).
- 4) Release the pie from the pan and enjoy.

### Optional Topping

- 1) Serve each slice with a dollop of whip cream or dairy-free coconut yogurt.