



**HEALTHIER
FLEETWOOD**
connecting our community

COCO CHOC MOUSSE

A quick and simple dairy-free, nut free chocolate dessert, which is light, silky and delicious.

Ingredients (Serves 6)

- 400ml tin full fat coconut milk
- 3 tbspcocoa/cacao powder
- 5 oz. soft dried dates
- 1½ oz. dark chocolate
- 1tsp. Vanilla extract/vanilla paste

Method

Put the coconut milk in the fridge over night.

Place all the ingredients into a blender/food processor and pulse until smooth.

Divide between 6 ramekins and refrigerate until serving.

Top with grated chocolate, desiccated coconut and fresh raspberries.

Nutritional Benefits

Coconut milk contains lauric acid which is a natural antibiotic and can be beneficial for combating bacterial and viral infections. It's also rich in medium chain triglycerides which are a great fuel for the brain.