

# Brazilian Chocolate Avocado Mousse

Indulge in this creamy and decadent Brazilian snack that is low-carb and satisfying. Rich in chocolate flavor with a hint of avocado goodness.



Snack

Brazilian

**10 min**

Total time

**Easy**

Difficulty

**250**

kcal / serving

## Ingredients

- 1 ripe avocado
- 2 tbsp unsweetened cocoa powder
- 1-2 tbsp low-carb sweetener (e.g., stevia, erythritol)
- 1/2 tsp vanilla extract
- Optional toppings: shaved dark chocolate, sliced almonds

## Steps

- 1 In a blender, combine the ripe avocado, cocoa powder, sweetener, and vanilla extract.
- 2 Blend until smooth and creamy.
- 3 Taste and adjust sweetness if needed.
- 4 Transfer the mousse into a bowl and refrigerate for at least 30 minutes.
- 5 Serve chilled, topped with shaved dark chocolate and sliced almonds if desired.