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Quick Choc, Avo & Brownie Mousse

This quick and easy chocolate mousse & brownie recipe is perfect when you're short on time and need to whip up a tasty dessert for surprise guests in under five minutes!

Ingredients (makes 4 serves)

3 large avocados (chilled)

1 small ripe banana

3 tsp vanilla extract

4 tbs maple syrup

1/4 cup cacao/cocoa

1/3 cup coconut cream

4 x slices of chocolate brownie from supermarket or bakery

Fresh mint leaves to garnish

Method

1. Cut avocados in half, remove stones and scoop flesh into a food processor/Nutribullet.
2. Add banana, vanilla, maple syrup, cacao and coconut cream. Whip in food processor until smooth and creamy (add more maple or cacao to suit your tastebuds).
3. Spoon into 4 x separate bowls.
4. Take 4 x chocolate brownies and crumble with fingers into small pieces. Add equal amounts of brownie crumble on top of mousse. Garnish with mint and serve immediately.

Yum!