

Paleo Dark Chocolate Mousse

Recipe



The Ingredients:

- 16 oz or 2 cups of organic coconut milk
- 1/2 cup sifted raw cacao powder or unsweetened cocoa powder
- 6-8 Tbsp pure maple syrup
- 1 package of unflavored Paleo approved gelatin
- 2 tsp pure vanilla extract
- Pinch fine grain sea salt

Instructions:

- 1.) At medium heat, in a small sauce pan, place coconut milk.
- 2.) Whisk cacao powder, maple syrup and vanilla into milk. Bring to a boil, then down to simmer, add gelatin and incorporate thoroughly and work quickly to prevent clumps. Whisk in salt.
- 3.) Once everything is well incorporated and a smooth texture. Place into a glass container, allow to cool, then place into refrigerator.
- 4.) It will set up in 4-6 hours, best to leave overnight.
- 5.) Next day, scoop and top with coconut cream, nuts and fresh berries.

Serving: 1 quart

8-10 (1/4 cup servings)

