



The great news is this chocolate mousse is only four ingredients!

LINK TO RECIPE: <http://www.thenourishinggourmet.com/2013/01/4-ingredient-chocolate-mousse-vegan-in-a-good-way.html>

Tips for making this dessert a success:

- 1) You can adjust the sweetness by using dark-darker chocolate but watch labels for dairy if this is important to you. Use the finest quality vanilla extract you can find.
- 2) Add some of the separated coconut water to thin out a bit in your food processor to help purée the dates more easily.
- 3) To add air and make it more "mousse" like, whip with an electric mixer.
- 4) Chill your beater and metal bowl in the freezer for twenty minutes before mixing to keep ingredients chilled.
- 5) Have fun creating toppings before serving. Sprinkle with some sea salt, crumbled pretzels, or even slivered almonds for some crunch.

This does not make a lot and that's okay, you only need a few bites to enjoy it "mindfully"!

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