

Chocolate Chia Mousse

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 4 medjool dates, pitted
- 1 can (14 oz/400mL) full-fat coconut milk*
- 1/2 cup raw cacao powder
- 1/4 cup chia seeds
- 1/4 cup real maple syrup

Instructions:

1. Soak dates in water to cover for 2 hours. Drain.
2. In a high speed blender or food processor place dates, coconut milk, cacao powder, chia and maple syrup. Blend until fully combined. Pour pudding into individual serving bowls. Cover and refrigerate for at least 4 hours.
3. Garnish with coconut flakes and berries.

Notes:

For best results, use organic, full-fat canned coconut milk because it should be thick and creamy. Tetra pak coconut milk will yield a runny consistency. You can do it but you'll just have to add more chia seeds. Serves 4