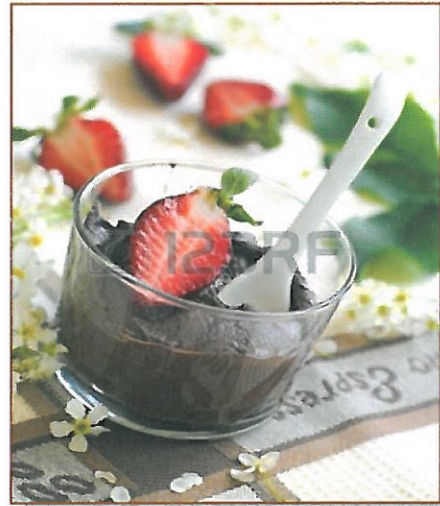




CHOCOLATE MOUSSE

- 1 Tbs. coconut butter or oil
- 2 Tbs. raw agave or coconut nectar
- 3 oz. organic chocolate chips -
(unsweetened or semi-sweet)
- 1 Tbs. raw cacao powder
- 8 oz. organic heavy whipping cream

- 4 oz. of raspberries or strawberries for
garnish



On very low heat or double boiler melt chocolate chips and cocoa butter. Add agave or coconut nectar and cacao powder. Set aside and let come to room temperature.

In separate bowl whip heavy cream until soft peak forms, and then add cacao mixture and mix until evenly blended. Fill into individual glass tumblers and garnish with 1 tsp of whipped cream and fresh raspberries or strawberries.

** (This is a very low glycemic dessert, will not spike your blood sugar). Xylitol can be substituted for agave or coconut sweetener.