



Raw Chocolate Mousse – Aztec Style!

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- **Prep Time:** 10 minutes, no cook time ;-)
- **Yield:** 2 cups (8 “shot-glass” servings or 4 desserts)
- **Method:** Food Processor or Blender
- **Cuisine:** Keto, Vegan, Paleo, Pegan, Gluten-free, Dairy-free

Ingredients:

- 8 Dates, Soaked, with pits removed – see instructions below to make “date paste”
- 1 Haas-style Avocado, pit removed
- 1 Cup UNSWEETENED Non-Dairy Nut Milk, or Grain Milk if not concerned with Paleo/Keto
- ½ Cup Coconut Butter, aka “coconut manna”
- ½ Cup Cacao, Cocoa, or Carob Powder
- 1 tsp Vanilla Extract
- ½ tsp Cinnamon, to taste
- Chili Powder, to taste (try Ethiopian Berbere spice, for more floral notes with your heat!)

Health Benefits:

Cacao – Highest Plant-Based Source of iron, with 40 times the antioxidant power of blueberries, and more calcium than cow’s milk

Avocado – More potassium than bananas, loaded with beneficial fiber, can lower cholesterol and triglycerides

Dates – Reduce your blood pressure, help maintain bone mass and blood sugar balance

Coconut – A good source of

Cinnamon – Anti-diabetic with impressive anti-inflammatory properties

Berberes – Improves circulation, heart health and helps fight ulcers and prostate cancer.

Method:

Soak dates overnight in just enough water to cover. Once plumped, discard pits and puree the hydrated “flesh” of the dates using your blender or food processor, along with the soaking water to make your date paste.

Combine the date paste and all the rest of the ingredients in the bowl of your food processor and blend till silky smooth. Remove and place in fridge or freezer as it can be served as a pudding or rich “nice cream”, full of pleasure and medicinal benefits! Cheers!!

Notes:

- Kept frozen, this dessert makes a great “nice cream”!
- Once refrigerated, this will keep up to a week.
- This recipe is a NO Oil recipe. To learn why I no longer cook with oil, click [here](#)
- Carob, as a substitute, is a star with its own merits: It’s a fine source of calcium and antioxidants, without any oxalates, is high in fiber, virtually NO-fat AND relieves diarrhea (amazing #amiright?!)
- If you like your dark chocolate **just a little** sweeter, you can add stevia, though I much prefer using 4 more soaked dates or another teaspoon(s) to taste, of Maple Syrup if desired. Stevia will keep it Paleo/Keto if that’s important to you. The addition of chili powder and cinnamon should keep this from needing to be any sweeter, though!

