

The

RAW Food

# Revolution

*30 Days to a Raw Food Life Style*

Menu Guide

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# RAW Chocolate Mousse

## Ingredients

1 Ripe Avocado

1 Ripe Banana

3 Desert Spoons of Maple Syrup or Agave

3 Desert Spoons of Cacao Powder

A dash of pure Vanilla essence

A pinch of Salt

Cacao Nibs for topping



## Instructions

Place all the ingredients into a Bullet 2-Cup type blender or regular blender and blitz until creamy and smooth.

Hold back on some of the Maple or Agave to finish off based on your sweet preference.

Spoon in separate serving glass and top with Cacao Nibs

Makes enough for two servings. Increase quantities to achieve for more servings.