

Preventing Women's Heart Disease Through Education



CAROL For Heart

Cocoa Nib Mousse

1 cup cashews, preferably raw
1/2 cup raw cocoa nibs
1 tbsp vanilla extract
1/4 cup agave nectar (adjust based on desired sweetness)
pinch of sea salt
1/4 cup water + more to make it blendable.

Put all ingredients into a blender, and voila a chocolate mousse! The more water you put in, the runnier it will be, but the next day after you refrigerate it- it will thicken up more. It is so yummy!

I have also put in orange zest, too for more flavors. You could add in some espresso instead of water, too for a mocha taste.

Serving Size: 1 ounce (about 3 tablespoons)

Calories: 118

Saturated Fat: 2g

Sodium: 4 mg

Carbs: 9g

Fiber: 2g

Sugar: 1g

Protein: 4g

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Recipe courtesy of: Joanna K Chodorowska

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For more information, visit us at: www.CarolForHeart.org