

# Avocado chocolate mousse

Delicious and nutritious recipe

## Ingredients:

2 large ripe avocados  
1 teaspoon vanilla extract  
50g cocoa powder  
A splash of milk  
2-3 tablespoons of runny honey  
(Or if avoiding sugar, you can dissolve granulated sweetener into the splash of milk, warm if needed, and add this instead to taste.)

## Method:

1. Scoop out the flesh of the avocado and add to blender
2. Add milk, honey, vanilla and cocoa powder
3. Blend until all mixed and smooth
4. Decant into small pots and keep in the fridge for at least 1 hour to set.
5. Can last up to 2 days in the fridge.

\*Note: do not use honey in food for children under one year of age.



Dietitian  
recipe

“ This recipe uses delicious ingredients to provide a high calorie, high protein, nutrient-rich pudding or snack. People with severe EB can have a higher than average requirement for calories, protein, vitamins and minerals because of the demands of wound healing. Sometimes it is difficult to achieve this high intake every day. As EB dietitians we are always keen to promote any food or drink which can provide a boost of these essentials and easily be included in a day’s diet, particularly if they are tasty and easy to eat!”