

# Food Babe's 5-Minute Creamy Chocolate Mousse



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	0 mins	5 mins	4

<https://foodbabe.com/five-minute-healthy-chocolate-mousse>

## Ingredients:

- 2 cups coconut cream
- ¼ cup almond milk (nut allergy: use coconut milk)
- ¼ cup cacao powder
- ¼ cup maple syrup - grade B
- 1 teaspoon pure vanilla extract
- 1 pinch sea salt
- 1 cup mixed fresh berries
- 1 tablespoon raw cacao nibs

## Instructions:

1. Place all of the ingredients in a blender along with a handful of ice cubes and blend on high until smooth and creamy.
2. Top with desired toppings. Try fresh berries and/or cacao nibs. Enjoy!

## Notes:

- Please use all organic ingredients if possible.