

Vegan Chocolate Avocado Mousse

Creamy vegan chocolate avocado mousse made with just 5 ingredients. Rich, healthy dessert ready in 15 minutes. Dairy-free and naturally sweetened.

40 min
PREP

40 min
TOTAL

4
SERVINGS

Easy
DIFFICULTY

Vegan Chocolate Avocado Mousse

Ingredients

- 2 avocado
- 1 cup cocoa powder
- 1 cup maple syrup
- 1 cup milk
- 1 tsp vanilla extract

Instructions

- 1 Prepare the avocados**
Cut 2 ripe avocados in half lengthwise and remove the pits. Scoop the flesh into a food processor or high-speed blender using a spoon.
- 2 Add dry ingredients**
Add 1 cup unsweetened cocoa powder and 1 teaspoon vanilla extract to the avocado flesh.
- 3 Add liquid ingredients**
Pour in 1 cup maple syrup and start with 2-3 tablespoons of the plant-based milk. Add a pinch of salt.
- 4 Blend until smooth**
Process on high speed for 2-3 minutes until completely smooth and creamy, with no visible chunks of avocado remaining. Scrape down the sides of the bowl once halfway through.
- 5 Taste the mousse and add more maple syrup if you prefer it sweeter, blending for 30 seconds after each addition.**
- 6 Add remaining plant-based milk 1 tablespoon at a time if the mixture is too thick, blending briefly after each addition until you reach a creamy mousse consistency.**
- 7 Chill and serve**
Divide the mousse between 4 serving bowls or glasses and refrigerate for at least 30 minutes until chilled and set before serving.

Tips

Choose avocados that are ripe but not overripe - they should yield slightly to gentle pressure but feel firm overall, with bright green flesh and no brown spots.

Let room temperature avocados sit for 30 minutes before blending if they feel too firm, as warmer avocados create a smoother, silkier texture.

Blend the mixture for at least 2-3 minutes, scraping down the sides of the processor or blender halfway through to ensure completely smooth results.

Taste and adjust sweetness gradually - add maple syrup one tablespoon at a time since sweetness preferences vary and different cocoa powders have varying levels of bitterness.

Add liquid sparingly - if the mousse seems too thick, incorporate plant-based milk one tablespoon at a time to avoid making it too thin.

Chill the finished mousse for at least 30 minutes before serving to allow flavors to meld and achieve the best texture.

Store covered in the refrigerator for up to 3 days, stirring gently before serving if the texture has firmed up during storage.

For the richest chocolate flavor, use high-quality unsweetened cocoa powder and consider adding a pinch of espresso powder to enhance the chocolate notes.