

# Vegan chocolate and spring berry mousse.

## Ingredients

- 1½ cups of oat or almond milk
- 4 fresh dates, pitted
- 2 tbs cocoa powder
- ¾ cup white Chia seeds
- ¼ cup of maple syrup
- 500g strawberries
- 125g raspberries
- 100g frozen chopped banana
- ½ cup dairy-free coconut yoghurt
- 1 tbsp vanilla bean paste
- 1 tbsp walnuts, chopped
- 1 tbsp shredded coconut





# HEAL

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## FOODS

## Method

**Step 1 – Place the milk, dates, cocoa powder, ½ cup Chia seeds and 2 tbsp maple syrup in a blender. Blend for 1-2 mins or until smooth. Divide the date mixture among 4 serving glasses. Place in the fridge for 30 mins to chill.**

**Step 2 – Reserve 8 strawberries and 8 raspberries. Coarsely chop remaining strawberries and raspberries. Place in clean blender with the banana, half the yoghurt and remaining chia seeds and remaining maple syrup. Blend until smooth. Stir in vanilla.**

**Step 3 – Spoon the yoghurt mixture evenly over the date mixture in the glasses. Top with remaining yoghurt and use a spoon to gently marble. Chop reserved strawberries. Sprinkle over the yoghurt with the reserved raspberries, walnuts and coconut. Serve immediately. Enjoy!**

