

# Sarahjoy's Ayurvedic Healthy Chocolate Mousse Dessert

## Ingredients

- 1 can garbonzo beans
- 1/2 cup cacao powder
- 10 pitted medjoul dates
- 1-1/4 cup plant-based milk such as coconut milk, almond milk\*\*

## Instructions

- Blend together in a cuisinart until smooth. Spoon into small ramekins or dishes.
- Cover with saran wrap and chill in the refrigerator.
- These will last quite a while in the fridge!

\*\* Please check your milk source to use only milks that do not have guar gum, carageenan, or other thickening agents.



## Chocolate Mousse



In Ayurveda we say there are 6 tastes. Sweet is one of those tastes! How can you support your “sweet-tooth” without overwhelming your blood sugar?

Better yet, what if nourishing your sweet taste came with protein, fiber and healthy fat?

### **AND, NO ADDED SUGAR!**

When fiber is present with sugar, it filters the pace of sugar’s influence on our insulin levels. When protein is available with sugar, it provides a more satiating experience.

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