

## Monthly Menu Choices

### Avocado Cacao Mousse

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4-5 Bananas  
2 Avocados  
3 tbsp raw cacao powder  
60 ml Date nectar/Maple Syrup



1. Simply combine all ingredients in a processor, transfer to individual dishes and pop in the fridge.
2. Chill for at least 2 hours before serving.
3. Use more banana to sweeten rather than more date nectar/Maple Syrup.

#### Recipe key:



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