

# Mindfulness Munchies - Nutrient Dense Desserts



# Self-Care Chocolate Avocado Mousse

## Ingredients

- 1/2 cup Medjool dates, soaked
- 1/2 cup maple syrup
- 1 tsp vanilla extract
- 2-3 mashed avocados
- 3/4 raw cacao powder
- 1/2 cup water

## Directions:

Blend or process dates, maple syrup and vanilla extract until smooth. Add mashed avocado and cacao powder and process until creamy, stopping to scrape down the sides of the bowl with a spatula if needed.

Add the water and process until smooth. Serve at room temperature or chilled. Store in a sealed container in the refrigerator up to 3 days or in the freezer up to 2 weeks.

Fudgesicles: Freeze the mousse in ice cube trays. Thaw for 5 minutes before serving.

Chocolate Sauce or Fondue: Increase water to 1 cup

# Courageous Cookies

## Ingredients

- 3 ripe mashed banana
- 1/3 cup apple sauce
- 2 cups GF rolled oats
- 1/4 cup Almond milk
- 1/2 cup raisins (optional)
- 1 tsp cinnamon
- 1 tsp vanilla

## Directions:

Mix all ingredients and Bake 350 for 15-20 min.