



Chocolate Avocado Mousse

By WMQ's Aged Care
Head Chef Russell Kearney

INGREDIENTS

- **2 ripe** avocados
- **4 tablespoons** cocoa powder
- **4 tablespoons** maple syrup
- **2 teaspoons** vanilla extract
- Strawberries

DIRECTIONS

1. With a food processor or blender, combine all the ingredients and blend until it's smooth. Alternatively, you can use electric hand beaters to combine the ingredients.
2. Divide the mixture across four small bowls.
3. Chill in the fridge for at least an hour.
4. Serve with added fresh strawberries.

Russell Kearney, Dining Services Manager at WMQ

Russel is passionate about providing healthy and nutritious food to our Aged Care communities. His team is responsible for producing thousands of nutritious meals per week to feed our hungry aged care residents!