

Recipe Name **Cashew Cream Chocolate Mousse – 4-5 servings**

Ingredients:

- 1 cup cashews, soaked at least 2 hours
- 6 dates, pitted and soaked for 10 min. in hot water
- 1 tsp. vanilla extract
- 3 Tbsp. cacao powder
- ½ cup chocolate chips, melted
- 1 cup cashew milk
- 1 Tbsp. Allulose or another liquid sweetener
- 2 egg whites + ½ tsp. cream of tartar (optional to make a lighter mousse)

Directions

1. Rinse soaked cashews and place them into the bowl of your blender along with dates, vanilla, cacao powder, melted chocolate chips, cashew milk and liquid sweetener.
2. Blend well for about 1 minute in a high-speed blender until completely smooth.
3. If you prefer a lighter mousse, whip egg whites until foamy, add cream of tartar and continue to whip till soft peaks are formed (the peaks will stand straight up when the beaters are lifted from the mixture) Gently fold egg whites into chocolate mixture until well combined.
4. Pour into 4-5 dessert cups. Refrigerate. It will begin like a pudding but will set as it cools. Top with coconut cream if desired.