

Chocolate, Cream & Strawberry Parfaits

Serves 8

Ingredients

CHOCOLATE AVOCADO MOUSSE

- 6 soft *Avocados*
- 1 cup *Dates*
- 3 tbsp *Maple Syrup*
- 3 tbsp *Cocoa Powder*
- 2 tsp *Vanilla Extract*
- 2 tbsp *Coconut Oil*
- 3+ tbsp *Plant-Based Milk*

CASHEW CREAM

- 2 cup pre-soaked *Cashews*
- 1 cup *Dates*
- 1 tsp *Vanilla Extract*
- 3+ tbsp *Plant-Based Milk*

STRAWBERRY

- 4 cup defrosted (or fresh) *Strawberries*

Instructions

CHOCOLATE AVOCADO MOUSSE

1. Add *Avocado, Dates, Maple Syrup, Cocoa Powder, Vanilla Extract, Coconut Oil and Plant-Based Milk* into a blender.
2. Blend until smooth, scoop out of the blender into a bowl and put in the fridge until ready to serve.

CASHEW CREAM

1. Add *Cashews, Dates, Vanilla Extract, Plant-Based Milk* into a blender.
2. Blend until smooth, scoop out of the blender into a bowl and put in the fridge until ready to serve.

STRAWBERRY

1. Defrost *Strawberries* and dice them if not already or dice up fresh *Strawberries*.

SERVING

1. In a clear glass or bowl layer the *Chocolate Avocado Mousse, Cashew Cream and Strawberry* once or twice.
2. Garnish with *Pistachios, Coconut Shreds, Cocoa Nibs* whatever you got to make it look a bit fancier.

SERVE & ENJOY! 😊

Recipe made for *Feel Better Eating* with love from *Feel Better Living*

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