

Chocolate and orange mousse

Search:

- [Desserts](#)
- [Recipes](#)

Chocolate and orange mousse

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

Chocolate and orange mousse



Rate this recipe

0 people are cooking this [Count me in](#)

This is a wonderfully sensual chocolate mousse. Serve it with an orange segment, a nasturtium or another edible flower you love.

It continues to surprise me just how unnecessary dairy, white sugar and refined white flour are, even when making desserts, says Janella Purcell. Here, she shares one of her favourite recipes:

Ingredients (makes 6)

- ½ cup pitted [dates](#), soaked in orange juice for a couple of hours
- 3 [avocados](#), pitted
- 100g unsweetened cocoa powder
- ¼ cup agave, or to taste
- 1 tsp tamari, or to taste
- 1 tsp ground cinnamon (optional)

Chocolate and orange mousse

- 1 tsp natural vanilla extract
- 2 tbsps grated [orange](#) zest, plus extra to serve
- [Coconut](#) cream or milk, to serve (optional)

METHOD

Drain the dates, then roughly chop.

Place the dates in a blender or food processor, add the avocado flesh, cocoa, agave, tamari, cinnamon and vanilla and blend until smooth. Half-fill individual half-cup moulds and chill for about an hour.

Serve with the coconut cream or milk (if using) and the extra orange zest.

Recipe and images by [Janella Purcell](#)

NEXT: [Raw chocolate mousse](#)

```
function displayNutrition(msg) { $('nutrition-label-container').text(msg); $('nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { // $('result').html(data); alert('This recipe was added to your favorites list'); }); }
```