

## Strawberry and chocolate mousse tartlets

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Looking for healthy desserts? We love these strawberry and chocolate mousse tartlets.

The 'mousse' is made from banana and avocado, while the crust is made from almonds, dates and raw cacao. What's not to love?

### **Ingredients** (makes 4)

#### Crust

- 1 cup almonds
- ¼ cup pitted [dates](#)
- 1 tsp bee pollen
- 2 tbsp [raw](#) cacao powder
- 2 tbsp cacao nibs (optional)

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## Mousse

- 1 banana
- 1 ripe [avocado](#)
- ½ cup raw cacao powder
- ¼ tsp Himalayan sea salt

## Garnish

- 4 fresh strawberries
- 2 tsp bee pollen
- 1 tbsp dried rose petals or red tea blend (optional)

## METHOD

Blend together the mousse ingredients and set aside in the fridge.

Blend together crust ingredients and press into silicone muffin moulds.

Fill crust with mousse, top with a fresh strawberry, bee pollen and rose petals (if using). Serve.

NEXT: [Raw chocolate mousse.](#)

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