

MANGO CHOCOLATE MOUSSE

INGREDIENTS

A delicious mixture of tropical fruit, rich coconut milk, offset by dark chocolate. Makes 4 larger or 6 smaller.

- 150g dark chocolate. I used Green & Blacks 85% dark
- 1 tin of full fat coconut milk
- 1 tsp vanilla extract
- 350g frozen mango, or 2 medium fresh
- 2 tbsp chia seeds
- 3–4 tbsp runny honey

Topping—any or all of

- 2 tbsp dried mango, finely chopped
- 10g of above chocolate, grated
- 2 tbsp desiccated coconut
- Zest 1/2 lime
- Some fresh mint leaves

METHOD

1. If using frozen mango, defrost completely before use, draining off any excess liquid.
2. The coconut milk is likely to have separated in the tin. Warm this enough to mix together—either in a small saucepan or a bowl in the microwave. Stir well.
3. Tip approx. half the coconut milk into a separate bowl that you can use a hand blender in, or a food processor.
4. To the remaining coconut milk add 140g of the chocolate, in small chunks, plus 1 tbsp honey, and the vanilla. Heat again until the chocolate has melted, stir well.
5. Spoon this into your serving bowls, then chill for 30 minutes.
6. Add the mango, chia, and 2–3 tbsp runny honey to the food processor / bowl, then whizz / blend until no lumps remain. This will continue to thicken slightly as the coconut milk cools and the chia seeds absorb liquid.
7. Prepare your favoured toppings, if any.
8. Take the serving bowls from the fridge, pour over the mango mix. Chill again until an hour before needed.
9. Allow the hour to bring them to room temperature, then sprinkle over the topping as required.



www.blossomhealthcoaching.co.uk

cathy@blossomhealthcoaching.co.uk

07972 374150



HEALTH BENEFITS

Mango is very rich in vitamins C, A, E, as well as potassium, iron & niacin. Also rich in bioflavonoids (anti-oxidants) Easily digestible, though high in natural sugars, so for blood sugar balance is best eaten with some protein or healthy fat.

Dark Chocolate is deemed healthier than milk chocolate, because it has a higher content of cocoa beans. The higher the cocoa content, the less the added sugar and fat. Cocoa beans are a great source of protein, healthier fat, and anti-oxidants. Also well known for its mood enhancing qualities, partly because the cocoa beans contain small amounts of caffeine.

Coconut milk—thought to be great for the brain, the immune system, high in fibre, and said to be anti-viral. High in saturated fat (which makes it very filling). This is an area of current research which indicates this fat works in a more conducive way in the body than saturated animal fat.



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