

Avocado, Strawberry and Macadamia Dessert

Serves: 12

Prep time: 20 minutes

Cook time: 10 minutes + chill for 90 minutes



Ingredients

1 cup fresh dates, chopped

3 ripe avocados

1 cup milk or coconut milk, reduced fat

2 tablespoons cocoa

½ teaspoon cinnamon

1 teaspoon of vanilla

2 cups strawberries, diced

2 tablespoons honey

1 tablespoon of water

½ cup macadamias, finely chopped

Method

BLEND dates until smooth, add avocado flesh and blend, then add coconut milk and mix until smooth.

MIX in cocoa, cinnamon and vanilla. Chill in fridge in 12 small bowls/glasses until set and ready to serve.

HEAT half of the strawberries with the honey and one tablespoon of water over medium heat, mixing until fruit is soft and a syrup begins to form.

REMOVE from heat, mash and sieve mixture until smooth.

REFRIGERATE strawberry sauce until ready to serve.

DECORATE avocado mousse with diced strawberries, drizzle with coulis and sprinkle with macadamia nuts.



Discretionary Food

Recipe courtesy of Dianne Grey, Beerwah Branch