

## In the Raw

This recipe for a dark and delicious vegan chocolate mousse is based on one called Chocolate of the Gods, by eco-author Renee Loux, who has been dubbed “Queen of Green.” I used dark chocolate balsamic vinegar, from The Unrefined Olive on Second Avenue, for an extra chocolate hit.

**Makes:** 4 servings

**Preparation time:** about 15 minutes

2 cups (500 mL) avocado (about 2 ripe medium avocados)

1/2 cup plus 2 tbsp (150 mL) maple syrup

2 tbsp (25 mL) coconut oil

2 tsp (10 mL) vanilla

1 tsp (5 mL) balsamic vinegar

1/2 tsp (2 mL) soy sauce (preferably shoyu, wheat-free soy)

1 cup (250 mL) pure cocoa powder, sifted

Raspberries and mint leaves to garnish

1. In a food processor, blend avocado, maple syrup, coconut oil, vanilla, balsamic vinegar and soy sauce until smooth and creamy.
2. Add cocoa and blend until smooth. Scoop into 4 serving dishes; garnish with raspberries and mint leaves.