

Low-Carb Chocolate Hazelnut Avocado Mousse

Hands-on 5 minutes Overall 20 minutes

Nutritional values (per serving): Total carbs: 14.9 g, Fiber: 10.2 g, **Net carbs: 4.6 g**,

Protein: 5.5 g, Fat: 25.6 g, Calories: 280 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

2 large avocados (400 g/ 14.1 oz)

4 tbsp raw [cacao powder](#) or [Dutch process cocoa powder](#) (22 g/ 0.8 oz)

4 tbsp hazelnut butter (64 g/ 2.3 oz)

1/2 tsp sugar-free [vanilla extract](#)

2 tbsp powdered [Swerve](#) or [Erythritol](#) (20 g/ 0.7 oz)

10 drops [stevia](#) extract

4 tbsp unsweetened [almond milk](#), cashew milk or [coconut milk](#) (60 ml/ 2 fl oz)

Optional topping: chopped [dark chocolate](#) and roasted chopped [hazelnuts](#)

Instructions

1. Place all ingredients, except almond milk, into a food processor.
2. Blend until smooth, adding almond milk in small amounts until a creamy consistency is reached.
3. Divide between 4 single-serving jars (about 140 g/ 5 oz per jar).
Chill in refrigerator for 15 minutes before serving.
4. Store covered in the refrigerator for up to 3 days.

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