



**Catholic
Health Services**
of Long Island
At the heart of health

Green Tea Macerated Berries Over a Dark Chocolate and Avocado Mousse

Ingredients:

Macerated Berries:

4 Bags- Green Tea
1/2 cup- Water
1/4 cup- Sugar in the Raw
2 cups- Mixed Berries, fresh

Dark Chocolate and Avocado Mousse:

2ea- Avocado, very ripe
4oz- Dark Chocolate, 70%, melted
1/4 Cup- Coca Powder, unsweetened
1/3- Cup- Almond Milk
1/3 Cup- Maple Syrup, pure
1/2 tsp- Vanilla extract
1/4 tsp- Cinnamon, ground
pinch- Sea Salt



Method:

- In a food processor, combine all ingredients for mousse and puree until smooth and creamy.
- On desired serving plates, divide into 4 even sized portions and refrigerate at least 1 hour
- Meanwhile, bring water and Sugar in the raw to a boil.
- Add tea bags and let steep 5 minutes
- remove tea bags and cool to room temperature
- “Dress” fresh berries with syrup and allow to sit approximately 30 minutes
- Remove portioned mousse from refrigerator and, using a slotted spoon, top with macerated berries (reserve extra syrup for use as a sweetener in other recipes)
- Serve and enjoy!