

Heart-Healthy Mousse Dessert (Dessert)

Read It! (Read your recipe all the way through before you begin!)

Place It! (Get everything out and ready to cook!)

Ingredients

3 sheets of frozen phyllo dough, thawed

$\frac{3}{4}$ tsp. cinnamon sugar, divided

2 large avocados, pitted and skin removed 4 oz. semi-sweet baking chocolate, melted and cooled slightly

$\frac{1}{4}$ cup unsweetened cocoa powder 6 Tbsp. almond milk

2 tsp. vanilla

$\frac{1}{2}$ cup nonfat Greek yogurt (plain or vanilla) 4 packets of sweetener (such as Truvia®) Garnish:

Fat-free whipped topping

Equipment
Measuring cups and spoons Muffin tin(s)

Knife

Microwave-safe bowl Nonstick cooking spray Food processor Rubber spatula

Spoon

(Time to cook!) Create It!

1. Preheat oven to 400 degrees.
2. Unwrap thawed phyllo dough. Lay 1 piece on the work surface. Lightly coat with cooking spray and sprinkle with $\frac{1}{4}$ tsp cinnamon sugar. Lay a second sheet over the first and coat with cooking spray and cinnamon sugar. Repeat with the last sheet of phyllo.
3. Cut dough into 8 rectangles and fit into ungreased muffin cups. Bake for 10 minutes and remove from oven. Cool for 10 minutes then remove from the cups. Set aside to cool completely.
4. In the bowl of a food processor, place the avocados, baking chocolate, cocoa powder, milk, vanilla, and Greek yogurt. Pulse until smooth, wiping down the sides and stirring as needed. Add sweetener, one packet at a time, until you have reached the desired sweetness. Chill until ready to serve.
5. To assemble the dessert: Spoon mousse into phyllo cups. Top with a small dollop of whipped topping. Makes 8 desserts.

Avocados in mousse?? Avocados are a fat substitute in this recipe. They are smooth and creamy like butter but contain monounsaturated fats which are good for you. And since the dessert is chocolate, you don't even taste the avocado!