

# Sugar-Free Chocolate Avocado Mousse



## INGREDIENTS

- 2 ripe avocados
- 1/4 cup unsweetened cocoa powder
- 1/4 cup almond milk (or any milk of your choice)
- 2-3 tablespoons of honey or maple syrup (optional, adjust to taste)
- 1 teaspoon vanilla extract
- A pinch of salt
- Toppings of your choice: sliced strawberries, raspberries, or shredded coconut

## DIRECTIONS

1. Scoop the flesh of the avocados into a blender or food processor.
2. Add cocoa powder, almond milk, honey or maple syrup (if using), vanilla extract, and a pinch of salt.
3. Blend until smooth and creamy, scraping down the sides as needed.
4. Taste and adjust sweetness if necessary by adding more honey or maple syrup.
5. Transfer the mousse into serving bowls or glasses.
6. Chill in the refrigerator for at least 30 minutes to firm up.
7. Serve topped with sliced strawberries, raspberries, or shredded coconut.

# Sugar-Free Greek Yogurt Parfait



## INGREDIENTS

- 1 cup Greek yogurt (plain, unsweetened)
- 1/2 cup mixed berries (such as strawberries, blueberries, and raspberries)
- 1/4 cup chopped nuts (such as almonds, walnuts, or pecans)
- 1 tablespoon chia seeds
- 1 teaspoon vanilla extract
- Optional: drizzle of sugar-free honey or a sprinkle of cinnamon

## DIRECTIONS

1. In a bowl, mix Greek yogurt with vanilla extract until well combined.
2. Layer the bottom of serving glasses or jars with a spoonful of Greek yogurt.
3. Add a layer of mixed berries on top of the yogurt.
4. Sprinkle chopped nuts and chia seeds over the berries.
5. Repeat the layers until the glasses are filled, ending with a layer of yogurt on top.
6. Drizzle with sugar-free honey or sprinkle with cinnamon, if desired.
7. Chill in the refrigerator for at least 30 minutes before serving to allow the flavors to meld.



# Sugar-Free Banana Nice Cream



## INGREDIENTS

- 3 ripe bananas, sliced and frozen
- 1/4 cup unsweetened almond milk (or any milk of your choice)
- 1 teaspoon vanilla extract
- Optional add-ins: cocoa powder, peanut butter, berries, nuts, or shredded coconut

## DIRECTIONS

1. Place the frozen banana slices, almond milk, and vanilla extract in a blender or food processor.
2. Blend until smooth and creamy, scraping down the sides as needed.
3. If desired, add cocoa powder for chocolate flavor, peanut butter for nuttiness, or any other add-ins of your choice.
4. Blend again until well combined.
5. Transfer the nice cream into a container and freeze for 1-2 hours for a firmer texture.
6. Serve scoops of banana nice cream in bowls or cones.
7. Garnish with additional toppings like berries, nuts, or shredded coconut, if desired.