Strawberry mousse

A delicious creamy summer dessert served in small glasses or ramekins. Fresh raspberries can be used instead of strawberries.

Serves 4

Preparation time: 15 minutes
Chilling time: 1 hour

1. For the mousse, place all the ingredients in a high speed blender and process until smooth and creamy. Spoon the mousse into small glasses or ramekins.
2. Ideally, chill for 1 hour before serving. Top with fresh berries, if wished.

Ingredients:

- ½ tsp acai powder or superfood berry powder, optional
- 250g strawberries, fresh or frozen
- 75g coconut oil, melted
- 75g cashew nuts or macadamia nuts
- Juice of a large orange
- 2 tsp maple syrup
- Fresh berries to serve, optional



NUTRITIONAL INFORMATION PER SERVING:
329kcal, fat 28g (of which saturates 18g), carbohydrates 14g (of which sugars 8.4g), protein 3.3g

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