FOOD & COOKING WITH CHEF ROSS

Vegan Chocolate Mousse



Preparation: 15–20 minutes | Chilling: 2–4 hours | Serves: 2 people

REVIEW ONLY — yoghurt and chia thickness has not been kitchen-tested.

What you need

Ingredients



Choose ONE mousse base

- 1 ripe avocado

OR

- 300 g thick coconut yoghurt

Chocolate flavour

- ¼ cup cacao powder
- ¼ cup maple syrup
- ½ teaspoon vanilla extract

Optional thickener for coconut yoghurt

- 1 tablespoon chia seeds

Optional flavours and toppings

- ¼ teaspoon ground cinnamon
- Fresh berries, coconut flakes or mint leaves

Equipment



- Mixing bowl
- Spoon or whisk
- Blender or food processor (for avocado)
- Measuring cups and spoons
- 2 serving glasses or bowls

Vegan Chocolate Mousse

Let’s make it



1. Prepare your chosen base

For avocado: cut in half, remove stone with a spoon and scoop out flesh.

For coconut yoghurt: measure 300 g into a bowl.



2. Add chocolate flavour

Add cacao powder, maple syrup and vanilla extract.

Add optional cinnamon.



3. Blend or mix

For avocado: blend until smooth and creamy.

For coconut yoghurt: mix well with spoon or whisk.

For thicker coconut yoghurt mousse, stir in 1 tablespoon chia seeds.

Vegan Chocolate Mousse



4. Cover and chill

Spoon into two glasses.

Cover and refrigerate for 2–4 hours, allowing chia to absorb liquid if used.



5. Add toppings and serve

Add optional toppings and serve cold.

Serving and storage

- Best chilled.
- Store covered in fridge at 5°C or colder and eat within 2 days for best quality.
- Avocado version is usually smoother.
- Coconut yoghurt may be softer, especially without chia.
- Vegan with plant-based ingredients.
- Check packaging for gluten and allergens.

Recipe ©2026 Deaf Chef Ross. Check labels for allergens. Follow appliance and storage instructions. Times and servings are estimates. Images are illustrative. Sources: NSW Food Authority; Victorian Government. Generated by ChatGPT for Deaf Chef Ross (C)2026.