

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's Paleo Chocolate Mousse Frosting

Yield: 3 cups of frosting, enough for one 9" double layer cake or 15-18 cupcakes

INGREDIENTS:

1 cup coconut cream, or 1 can (13.6 oz.) of chilled coconut milk

(see note below)

1/3 cup honey

1 tsp pure vanilla extract

2 tablespoons cocoa powder



DIRECTIONS:

Note: If using coconut milk, place can in refrigerator for at least two hours before making mousse to allow coconut cream to separate. Open chilled can and scoop out the cream that has separated and floated to the top. Save or discard the remaining water.

- ♥ Combine coconut cream, honey and vanilla extract in a large bowl.
- ♥ Using an electric hand mixer, mix together on high speed setting for about one minute.
- ♥ Add cocoa powder, 1 tablespoon at a time, mixing on medium speed to combine until mousse becomes thick (like whipped cream).
- ♥ Keep chilled until ready to serve.

Enjoy as a dessert on its own, as a frosting for cake/cupcakes, or spoon on top of fresh berries.

Compliments of Eat Your Heart Out Edibles

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