

## Raw Chocolate Mousse Cake

This is so much better than a conventional chocolate cake. It is rich, creamy and must be tried to be believed! It is healthy but also addictive, so must be eaten in moderation (:

### For the Crust

- 2 cups of almonds / macadamias / walnuts/ Cashews – whatever takes your fancy
- 1 ½ cups of firmly packed organic dates
- 1/2 cup shredded coconut

### For the Filling

- 1 cup cacao (raw cocoa) powder
- 4 big avocados
- 3/4 cup or honey or Real maple Syrup
- 1 tsp vanilla essence (pure organic is best)

### What to do:

1. Soak the dates for about 10 mins
2. Combine all the crust ingredients in a food processor. Use a splash of date water to lubricate the mix. Don't add too much, just enough for the mix to move through your processor until it's a nice, crusty consistency. It doesn't have to be too smooth.
3. Grab a cake tin or pie dish and line it with baking paper. Press your crust mix evenly into your dish.
4. In a food processor, combine all the filling ingredients and process to a deliciously smooth texture. You can also do it by hand in a big bowl.
5. Pour the filling into your crust.
6. Freeze your cake for about 3 hours. It will go pretty solid and it's quite easy to slice. You can carefully pull it out all in one piece for easy slicing of pieces once the cake has frozen. Use a slightly wet knife.
7. For best eating results, slice and serve the pie and wait about 15 minutes for the filling to gently soften for the absolute chocolate melt in your mouth experience.