

# VEGAN CHERRY NUT MOUSSE

This raw, simple & delicious dessert is delicious and a great way to support your brain and boost your metabolism, while supporting your gut!

| SERVINGS | SERVING SIZE | TIME TO MAKE                  |
|----------|--------------|-------------------------------|
| 12       | 1 SLICE      | 15 MINUTES +<br>FREEZING TIME |

## INGREDIENTS

### CRUST INGREDIENTS

- 12 dried dates (pitted)
- 1/2 cut smokey salted almonds (I used Smokehouse Nuts)
- 2 tablespoons flax seeds
- 1 tablespoon coconut oil

### MOUSSE INGREDIENTS

- 2 ripe bananas
- 3 tablespoons of cocoa powder
- 2 tablespoons of maple syrup
- 2 teaspoons of vanilla
- 1 can coconut cream (no liquid, just the topping if using coconut milk-full fat but it will be runny)

## DIRECTIONS

### CRUST DIRECTIONS

1. Combine above ingredients and use a blender or food processor until mixture comes to an even consistency.
2. Place in tart pan and press firmly on bottom and sides to create a crust.

### MOUSSE DIRECTIONS

1. Combine ingredients until smooth texture is formed, I used my food processor once again.
2. Place on top of crust.
3. Place in refrigerator for at least an hour.

4. Top with 1-2 cups of fresh, pitted cherries.
5. Back in refrigerator or freezer depending on how you would like to serve (frozen or just cool).
6. Enjoy!

Nutritional Information per serving: 153 Calories, 8 grams Fat, 5 gram Saturated Fat, 21 mg Cholesterol, 237 mg Sodium, 18 grams Total Carbohydrates, 1 gram Fiber, 1 grams Sugar, 3 grams Protein, 10% Vitamin A, 0% Vitamin C, 7% Calcium, 6% Iron