

## NUTS for Coconuts!

### MILK CHOCOLATE MOUSSE

2 C cashews, soaked 4 hours or more

1 C young Thai coconut meat (or avocado)

1/4 C raw cacao powder

2-1/2 t ground vanilla bean or vanilla extract

1 pinch of Celtic sea salt

1/2 C coconut nectar (or agave nectar)

1-3/4 C coconut water (or filtered water)

1-1/2 C coconut oil, melted

In a high-speed blender, blend all ingredients except the coconut oil until completely smooth. With the blender running, slowly pour in the coconut oil. Continue to blend until oil is thoroughly incorporated. Transfer the mousse to a covered bowl and refrigerate for a few hours or overnight to set.