

# Chocomole

- 16 Medjool Dates, Pitted & Coarsely Chopped
- 3 Ripe Avocados
- 1 Cup Unsweetened Almond Milk or Coconut Milk Beverage
- 1 Cup Unsweetened Cocoa Powder
- $\frac{1}{4}$  Cup Pure Maple Syrup
- 1 Tablespoon Coconut Oil
- 1 Teaspoon Vanilla Extract
- Pinch of Sea Salt

## Instructions:

1. Soak dates in 1 cup hot water until soft (about 10 minutes) and drain.
2. Blend all ingredients together until smooth and creamy.
3. Refrigerate until cold (about 2 hours). Serve to a smiling face.