

Chocolate Avocado Mousse

Sybil Allen-Jones



- 1 ripe avocado
 - 1/4 cup freshly grated cacao powder
 - Zest and juice of one medium lime
 - 1/4 cup raw honey
 - 1/4 cup fresh coconut milk
 - 1 teaspoon vanilla extract
 - 1 teaspoon freshly grated nutmeg
- Puree ingredients until silky smooth.

Serve chilled and garnished with fresh mint leaves.

Rainbow Salad

Sybil Allen-Jones



- 3/4 cup grated pumpkin
 - 3/4 cup grated carrots
 - 3/4 cup grated christophene (zucchini is a good substitute)
 - 1/2 cup grated green papaya
 - 1/3 cup chopped red onions
- Layer each of the above creating a colorful rainbow effect

Dressing

- 1/3 cup apple cider vinegar
 - 1/3 cup of coconut milk
 - 1/3 cup olive oil
 - 2 tbs honey (remove for vegans)
 - 1/8 teaspoon each of turmeric, cumin, and hot pepper sauce
- Dash of freshly ground black pepper

Whisk together and pour over raw ingredients and let marinate for 1 hour and serve on a bed of lettuce



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