

# DATE MOUSSE



A YUMMY HEALTHY DESSERT  
GREAT SWEET TREAT FOR KIDS

Date Mousse

A delicious recipe and a great source of food to conquer those sweet cravings in a healthy and beneficial way. Dates are rich in iron and fiber, good for reducing cholesterol treating anemia. They aid digestion, are an energy booster, maintain a healthy nervous system due to their potassium content.



## Ingredients

6 Medjool dates, soaked in water

2 Young coconuts

Raw cacao powder

Cinnamon powder

Raw nuts e.g. peanuts, walnuts, cashews (optional)

## METHOD (SERVES 4)

1. Split open coconuts (be sure to drink coconut water first or keep it to use in cooking another meal).
2. Soak dates in 4 oz water for 15-30 minutes until they become soft and juicy.
3. Scoop out meat of the young coconuts into blender jar add soaked dates (without the water).
4. Blend until a smooth consistency and add in cinnamon powder and cacao powder to your preferred taste.
5. We add chopped nuts on top like pecans, walnuts or cashews to add some essential fatty acids and

protein in to the snack! Also delicious with strawberries.

6. Enjoy!

*Dates are a good source of selenium. Selenium is a potent antioxidant that also benefits thyroid function and the immune system. Coconuts are highly nutritious. They contain electrolytes to rehydrate your body, boost the immune system, balance your pH levels and are a great detoxification aid. Cinnamon is a natural blood sugar balancer and cacao is a highly potent antioxidant and rumor has it anti-aging.....sounds good doesn't it!?*



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