

Baby-Friendly Recipes With Chocolate



Chocolate Avocado Mousse

- Add coconut milk, avocado, banana, and cocoa powder to a blender and blend until it turns smooth and creamy.
- Divide the chocolate mixture into small jars filling them three-quarter way up.
- In a separate bowl, mash the banana, then stir in the yogurt. Spoon the yogurt on top of the chocolate to fill up the jars.
- Refrigerate until the mousse is firm before serving.

Three-Ingredient Chocolate Sauce

- Add pitted dates, coconut milk, and cocoa powder to a blender.
- Blend until the mixture becomes a smooth, silky chocolate sauce.
- Pour the sauce into jars and store them in the refrigerator.
- You can use it as a dip to serve with fruits or as a toast spread.



Hot Chocolate

- Pour milk into a small pot and whisk in the cocoa powder.
- Stir in the honey.
- Place the pot on medium-low heat and slowly warm the mixture. Stir occasionally to prevent scorching the milk.
- When you see steam begin to rise from the mixture, remove the pot from the heat, cover it, and let the hot chocolate steep for five minutes.
- Pour the hot chocolate into a heatproof cup/bottle and serve.