

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Orange Vanilla Bean Mousse



3/4 cup water or fresh orange juice
3/4 cup Irish moss gel*
1/2 cup cashews
5 tablespoons maple syrup
5- 6 drops Stevia
Seeds of 1 vanilla bean
1 teaspoon vanilla extract
3 tablespoons melted coconut oil
2 teaspoons packed orange zest
2 drops orange essential oil (optional)

Blend all but the coconut oil, until smooth and creamy. Add the oil and blend to incorporate. Pour the mousse into ramekins or small dishes. Chill in the fridge until firm, at least 6 hours. Serve it with orange segments if you like.

*For instructions on how to make your own Irish Moss gel, please follow the link below.

Recipe taken from www.sweetlyraw.com.