

Camel Milk Recipes: 5-Minute Chocolate Cherry Mousse



Sometimes you just need ice cream. When your sweet tooth speaks up, this superfood soft serve recipe will satisfy sugar cravings and nourish you at the same time.

This Chocolate Cherry Soft Serve takes less than 5 minutes to make and is sweetened with fruit, raw cacao powder, and coconut nectar, which provide antioxidants, healthy fats, fiber, vitamins, and minerals. But what really makes this soft serve a superfood recipe is the addition of camel milk.

Camel milk is the most nutritious type of milk available to us besides human breast milk. In fact, it's closest in composition to human milk than any other variety, which makes it a more nutritionally sound choice over cow or goat milk.

Camel milk is also a powerful immune-boosting food because it's rich in immunoglobulins, a type of protein found in immune system cells. Although it is a dairy product, camel milk is generally well tolerated by those with dairy

sensitivities because it's extremely low in lactose.

Needless to say, this is an "ice cream" recipe your cells will thank you for!

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5-Minute Chocolate Cherry Mousse Recipe



Serves 2



Prep 5 mins

Ingredients

- 3 frozen bananas
- 1 tbsp raw cacao powder
- ¼ cup frozen cherries, and a few extra to garnish
- 2 tsp coconut nectar
- 2 tbsp camel milk

Instructions

1. Place frozen banana, cherries and camel milk in blender, and blend until you reach a smooth "soft-serve" consistency.
2. Add raw cacao powder and coconut nectar and blend again (optional to add a few extra tsp of camel milk to reach desired consistency)

3. Top with frozen cherries and enjoy immediately!

Notes

Special Equipment: High powered blender (Vitamix, Blendtec or food processor)

Courses Dessert

Curious about adding camel milk to your diet? Here's how camel milk can enhance the nutritional value of your favorite recipes.