




# 5-Minute Cashew Mango Mousse

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 Prep Time: 5 mins

 Servings: 4

Course: Dessert

★★★★★ 5 from 2 votes

A creamy vegan mousse that is the ideal dessert – especially when you want something quick but decadent!

## EQUIPMENT

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- Blender (High-Speed)

## INGREDIENTS

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3 heaping cups frozen diced mango or fresh – see notes

1 cup cashews soaked for 2 to 3 hours

½ cup unsweetened almond milk or soy or coconut milk, plus more if needed

4 soft medjool dates pits removed

½ teaspoon cinnamon

pinch sea or Himalayan salt

## INSTRUCTIONS

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1. Drain the cashews, discard the soaking liquid, and add to a blender along with all other ingredients. Blend on high until the mix is smooth and creamy. If using a Vitamix, or similar blender, you will likely need your plunger for this part. If you have a less powerful blender, you may need to add more milk to get the blending started.
2. Divide among bowls and garnish with fresh berries if desired! You can keep this mango mousse in the fridge for up to 3 days.

## NOTES

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If using fresh mango, start with half the almond milk. Add more milk as needed while blending. If using frozen, serve as soon as the mousse is blended.

