



Flexible frosting

By Mero Cocinero Karimi

People eat a lot of sugar from sugarcane, beet roots, even corn! Sometimes I think they are forgetting about our friend the cactus – I know it’s prickly, but if you get close enough you will find it has a super sweet heart, and the ‘blood’ that runs through it is called agave!

Agave is super sweet, but has lower glycemic index than typical sugar. So don’t leave out our friend the cactus. Make this silky mousse – which can also be used as a frosting on cakes or as, Comrade Castro tells us, an afrodisiac. Just remember to not overdo it. Moderation. Moderation.

Elements

- 4 ripe avocados
- 1 cup of agave
- 1 T vanilla extract
- 1 cup of organic fair trade cocoa powder
- Chile de Arbol or something to give it hya!
(Perhaps a curry leaf or habanero? Hmmm... try it and let me know!)

- 1 masher of oppression or talisman of transformation

Process

Get out all your aggression by mashing the avocado in a bowl. Then, add the other ingredients & blend it with a spoon or spatula or your masher or talsiman. Do it. Blend it well. Put some Corazon in it for balance, and watch the magic begin. Mmmhmmm!

“The Revolution Starts in the Kitchen” – Mero Cocinero