

Chocolate Avocado Mousse and more....

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A vegan chocolate mousse recipe devised by renowned chef Rose Elliot is just one of the tasty surprises you'll find at the new ethical online food store www.ethicallyessential.coop.

Rose developed this recipe especially for Essential alongside others such as the Layered Salad with Sprouted Seeds and Tahini Dressing. The idea is to demystify some of the more unusual, eclectic ingredients that can be found at www.ethicallyessential.coop and show how easily they can be used in recipes.

Intriguing ingredients such as Red Quinoa, Black Rice, Vegan Pesto, Cacao Nibs, Blueberry Fruit Spread, Rice Cakes with Sea Vegetables, Atlantic Sea Spaghetti, Broccoli Seeds and Midnight Feast Mix can be found alongside larder staples including Organic Pasta and Wild Rice, Tomato and Aubergine Pasta Sauces, Milk Chocolate Covered Brazils, Manuka Honey, Fairtrade Coffee, Biodynamic Tea and Whole Cashews.

This diverse range of over 350 products offers great variety. But they all have one thing in common: all are ethically sourced and traded. www.ethicallyessential.coop makes it easy for you to make a sustainable choice by offering an ethical shopping basket at the push of a button. Here you can shop with confidence, knowing that every single product has proven provenance and is ethically and/or fairly traded.

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