

BLENDER CHOCOLATE MOUSSE

By Dr. Cindy Tanzar

This weight-loss friendly chocolate mousse is made in a blender and takes very little time to make. It is a great alternative to our nutritious low-carb chocolate pudding recipe made with avocado.

Makes 2 servings.



INGREDIENTS

- 1/2 cup organic whipping cream
- 1/2 cup unsweetened almond or cashew milk
- 1/4 cup Kerry Gold butter
- 2 oz. high-quality, unsweetened chocolate bar (Ghiradelli), chopped (do not use a lesser quality chocolate or you won't have the fiber needed for the mousse to set)
- 2 Tbsp cocoa powder
- 1/4 cup powdered Swerve
- 1/2 tsp. espresso powder, optional (brings out the chocolate flavor nicely)
- 2 large pastured eggs, room temperature
- (Great Lakes Gelatin-1 tsp. – see notes below!)



INSTRUCTIONS

In a small pan, combine cream, almond milk and butter. Bring to a full boil, then remove from heat.

In a blender, combine unsweetened chocolate, cocoa powder, Swerve and espresso powder. Pulse a few times to combine. Add scalded cream mixture and blend until smooth.

Add eggs and blend again until smooth. Pour into dessert cups and chill at least one hour.

NOTE: This mousse is delicious – it's not too dark and not too light of a chocolate flavor. The only problem I have had is that it can tend not to set as firm as a pudding should sometimes. The creator of the recipe never has this problem at all. I think it's the brand of ingredients perhaps?

Give your recipe a try before you serve it to guests. If this happens, do one of two things – either freeze it and it will provide a wonderful “ice cream” dessert, or the next time you make it, add 1-2 tsp of Great Lakes Gelatin (it's grass-fed).

It is totally worth making this mousse. You can err on the side of adding 1 tsp of gelatin on your first attempt, if you like. I, myself, will add it from now on.