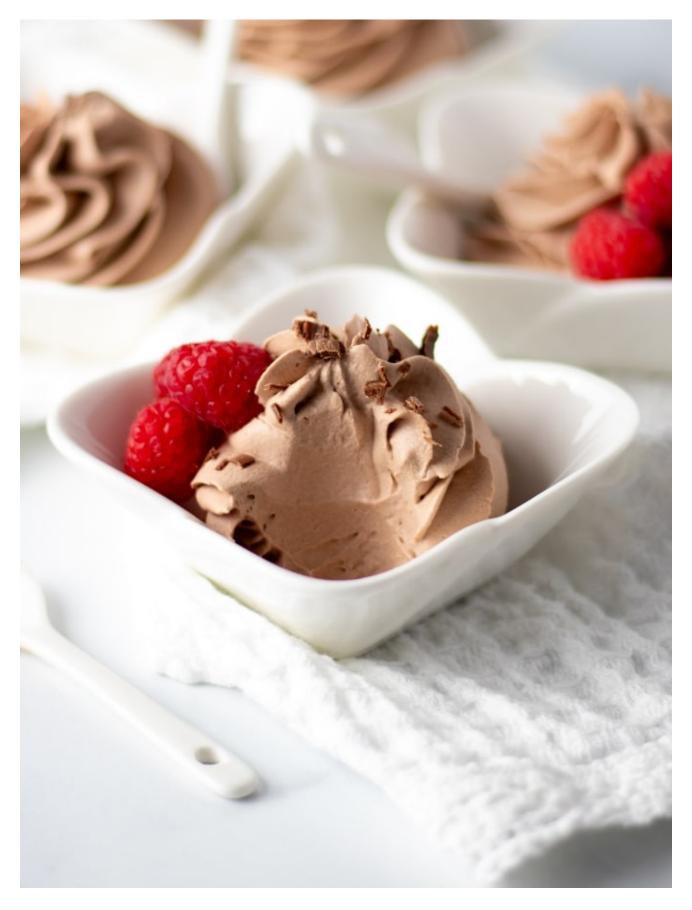
YIELD: 2 1/2 CUPS MOUSSE

# 3-Ingredient Easy Chocolate Mousse



This 3-Ingredient Chocolate Mousse is light, chocolate-y, smooth and whips up in less than 5 minutes. It's a perfect dessert for any night of the week!

5 minutes

## **Ingredients**

- 11/2 cups HEAVY whipping cream
- 1/4 cup cocoa powder (dutch preferred), sifted, use 1/3 cup for DARK chocolate flavor
- 1/2 cup powdered sugar, use 1/4 cup for DARK chocolate flavor
- 1/4 teaspoon almond extract, optional

### **Instructions**

- 1. In a chilled mixing bowl, begin whipping cream. Whip until frothy and slightly thicken.
- 2. Add powdered sugar and cocoa powder. Carefully mix until soft peaks form.
- 3. Add almond extract if desired. Whip until stiff peaks form.
- 4. Spoon into plastic bag or piping bag with piping tip. Pip into serving bowls or glasses.
- 5. Enjoy immediately or refrigerate until ready to serve.

#### **Notes**

Chilling your mixing bowl will help the cream whip more easily.

Sift cocoa powder to avoid dark flecks in mousse.

Add 1/4 cup powdered sugar to start. If you'd like a sweeter mousse, additional sugar up to an additional 1/2 cup. You can use a zero calorie sugar substitute for a sugar free or low carb version. Use a 1:1 sugar substitute. For best results, use powdered variety such as Swerve powdered sugar substitute.

#### Nutrition Information: YIELD: 5 SERVING SIZE: 1

Amount Per Serving: CALORIES: 446 TOTAL FAT: 34g SATURATED FAT: 21g TRANS FAT: 1g UNSATURATED FAT: 10g CHOLESTEROL: 83mg SODIUM: 26mg CARBOHYDRATES: 31g FIBER: 3g SUGAR: 25g PROTEIN: 4g

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https://kitchencents.com/easy-3-ingredient-chocolate-mousse/