

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!

PREP TIME

5 minutes

TOTAL TIME

5 minutes

Ingredients

- 1 1/2 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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