



High protein , low calorie Chocolate Mousse

Description

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Ingredients:

225g reduced-fat cream cheese

120ml unsweetened almond milk

60g granulated sweetener (e.g., Swerve, Erythritol, or Monk Fruit Sweetener)

2 large egg whites

1/2 teaspoon (2.5ml) vanilla extract

30g unsweetened cocoa powder

Pinch of salt

Instructions:

1. In a mixing bowl, combine cream cheese, almond milk, sweetener, and vanilla extract. Mix until smooth.
2. In a separate bowl, whip egg whites until stiff peaks form.
3. Gradually add cocoa powder to egg whites and mix until well combined.
4. Fold the egg mixture into the cream cheese mixture until no white streaks remain.
5. Pour into individual serving cups or a large serving dish.
6. Chill in the refrigerator for at least 2 hours or until set.

This recipe makes 4-6 servings and has approximately 150 calories per serving.

Category

1. High Protein Recipes

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