BLENDER CHOCOLATE MOUSSE

By Dr. Cindy Tanzar
(Maintenance/Special Occasions)

This weight-loss friendly chocolate mousse is made in a blender and takes very little time to make. Adapted from All Day I Dream About Food, it is a great alternative to our nutritious low-carb chocolate pudding recipe made with avocado. This is not a recipe that plugs into the weight-loss plan checklist, but it is perfect for maintenance or special occasions.

INGREDIENTS

1/2 cup organic whipping cream
1/2 cup unsweetened almond or coconut milk
1/4 cup Kerry Gold butter
2 oz. high-quality, <u>unsweetened</u> chocolate bar (Ghirardelli), 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 ties 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.