



CHOCOLATE MOUSSE

(Vegan friendly)

By Dr. Cindy Tanzar
(Special Occasions)

So easy, creamy, and decadent—this dairy-free chocolate mousse is a hit with everyone, whether they're vegan or not. Made with rich coconut cream and sweetened without sugar, it delivers a luscious texture and deep chocolate flavor with just a few simple ingredients. It's perfect for holidays, dinner parties, or when you're simply craving a guilt-free indulgence. Garnish with chopped Lily's chocolate chips or a swirl of whipped coconut cream for extra flair.

Makes 4–5 servings. *(Can be halved easily for a smaller batch)*



INGREDIENTS

- 2 cans full fat coconut cream (like Thai) (use 3 cans if you want to whip one to use as a topping)
- 2 Tbsp Swerve confectioners
- 3 Tbsp unsweetened cocoa powder
- 1/4 tsp. Pink Himalayan salt
- Lily's chocolate chips, chopped (garnish or added to mousse if you want texture)



INSTRUCTIONS

Place cans of coconut cream in the refrigerator overnight. Without shaking and keeping upright, open the cans and carefully scoop out the thick cream on the top into a small/medium mixing bowl.

Cans of coconut cream vary widely, so your cream may be soft or hard. If your cream is hard, you will need to set it out to soften a bit before you can whip it.

Whip the coconut cream until it is thick and creamy with a hand mixer. Add in the Swerve Confectioners and beat again until well-combined. The amount of cream in each can may also vary. If your can is 2/3-3/4 cream, set aside a few tablespoons to use as a topping, if desired. If there is not enough cream, use a separate can to whip for a topping.

Add the cocoa powder and salt, beating until smooth and thick. The cocoa powder will thicken your whipped cream.

Spoon the mousse into serving dishes and top with whipped coconut cream. Sprinkle chopped Lily's chocolate chips on top.

While this dessert can be eaten immediately, it is best to refrigerate until set.