



Cottage Cheese Chocolate Mousse

Description

This **Cottage Cheese Chocolate Mousse** is a delicious, high-protein, and low-sugar dessert that's smooth, creamy, and indulgent. Made with simple ingredients, this mousse is a healthier alternative to traditional chocolate mousse, offering a rich chocolatey taste without the guilt. It's perfect for a quick dessert or a nutritious snack!

Ingredients

- 1 cup (250g) cottage cheese (full-fat or low-fat)
- 2 tbsp unsweetened cocoa powder
- 2 tbsp maple syrup, honey, or a sugar substitute (adjust to taste)
- 1 tsp vanilla extract
- ¼ tsp salt (optional, enhances flavor)
- 2 tbsp milk (dairy or plant-based, if needed for consistency)
- ½ tsp instant coffee powder (optional, enhances chocolate flavor)
- Dark chocolate shavings or cocoa nibs for garnish (optional)

Instructions

1. **Blend the cottage cheese** In a food processor or high-speed blender, blend the cottage cheese until smooth and creamy. This may take about 1-2 minutes. Scrape down the sides as needed.
2. **Add the remaining ingredients** Add the cocoa powder, sweetener, vanilla extract, salt, and instant coffee powder (if using). Blend again until everything is well combined and smooth.
3. **Adjust consistency** If the mousse is too thick, add a little milk (one tablespoon at a time) and blend again until you reach your desired consistency.
4. **Taste and adjust sweetness** If needed, add more sweetener and blend again.
5. **Chill (optional)** For the best texture and flavor, let the mousse chill in the fridge for at least 30 minutes before serving.

6. **Serve & garnish** â?? Transfer the mousse into serving bowls, garnish with chocolate shavings, cocoa nibs, or fresh berries, and enjoy!

Recipe Notes & Tips

- â?? **Use high-quality cocoa powder** â?? This makes a big difference in the flavor. Dark cocoa powder adds a richer taste.
- â?? **Blending is key** â?? Blending until super smooth removes any grainy texture from the cottage cheese.
- â?? **Adjust sweetness** â?? You can use stevia, monk fruit, or dates for natural sweetness.
- â?? **Make it extra creamy** â?? Add 1-2 tbsp of Greek yogurt or a splash of heavy cream.
- â?? **For a firmer mousse** â?? Let it chill in the fridge for a few hours.
- â?? **Toppings** â?? Try crushed nuts, whipped cream, or shredded coconut for extra texture.

Servings

This recipe makes **2 servings**.

Nutritional Information (Per Serving, Approximate)

- **Calories:** 150-180
- **Protein:** 15g
- **Carbs:** 12g
- **Fat:** 6g
- **Fiber:** 2g
- **Sugar:** 8g (varies by sweetener used)

Health Benefits

- â? **High in Protein** â?? Cottage cheese provides a great protein boost, making this a satisfying snack.
- â? **Low in Sugar** â?? A healthier alternative to traditional mousse, with natural or sugar-free options.
- â? **Rich in Calcium** â?? Great for bone health.
- â? **Gut-Friendly** â?? Cottage cheese contains probiotics that support digestion.
- â? **Chocolate Benefits** â?? Cocoa is packed with antioxidants that support heart health and mood.

Q&A

1. Can I make this mousse vegan?

Yes! Substitute the cottage cheese with blended silken tofu or dairy-free Greek yogurt.

2. Can I store leftovers?

Yes, store in an airtight container in the fridge for up to **3 days**. Stir before serving.

3. Can I freeze it?

Yes! Freeze in an airtight container for up to a month. Let it thaw in the fridge before eating.

4. What can I use instead of maple syrup?

Try honey, agave syrup, stevia, monk fruit, or even mashed dates.

5. How do I make it extra thick and creamy?

Let it sit in the fridge for a few hours, or blend in a spoonful of nut butter or Greek yogurt.

Would you like variations, such as adding peanut butter or making it keto-friendly? ð???

Category

1. High Protein Recipes

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