



## Keto Coconut Mousse

### Description

#### Ingredients

1 cup full-fat coconut milk  
1/4 cup powdered erythritol (or preferred keto sweetener)  
1 tsp vanilla extract  
1/4 tsp coconut extract (optional for extra coconut flavor)  
1/2 cup heavy whipping cream  
Unsweetened shredded coconut, for garnish (optional)

#### Directions

1. Begin by chilling the coconut milk in the refrigerator for at least 4 hours or overnight. This helps to separate the coconut cream from the water.
2. Carefully open the chilled coconut milk and scoop out the firm coconut cream into a mixing bowl, leaving the liquid behind.
3. Add the powdered erythritol, vanilla extract, and coconut extract (if using) to the coconut cream. Whisk until smooth and well combined.
4. In a separate bowl, whip the heavy cream until stiff peaks form.
5. Gently fold the whipped cream into the coconut mixture until fully incorporated. Be careful not to overmix, to keep the mousse light and airy.
6. Divide the mousse into 4 serving dishes and chill in the refrigerator for at least 1 hour before serving.
7. Before serving, garnish with unsweetened shredded coconut if desired.

#### Variations & Tips

For a chocolate twist, you can add 1-2 tablespoons of unsweetened cocoa powder to the coconut mixture before folding in the whipped cream. If you're not a fan of erythritol, feel free to use another keto-friendly sweetener like monk fruit or stevia. Want to add a bit of crunch? Top the mousse with some finely chopped nuts or a sprinkle of cacao nibs. And for a more tropical flavor, a hint of lime zest can do wonders!

#### Category

1. Low Carb Recipes

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