Keto Lemon Mousse

Description

Indulge in this light, airy, and refreshing Keto Lemon Mousseâ??a perfect blend of creamy richness and citrusy brightness. With just a handful of ingredients, this low-carb delight satisfies your sweet cravings without compromising your keto goals.

Ingredients

Ingredient	Purpose
1 cup heavy whipping cream	Creates a creamy and luscious base.
4 oz cream cheese, softened	Adds tanginess and ensures a smooth texture.
1/4 cup powdered erythritol (or preferred keto-friendly sweetener)	Sweetens without adding carbs.
2 tbsp lemon juice	Brings a fresh, zesty citrus kick.
1 tbsp lemon zest	Intensifies the lemon flavor and adds subtle texture.
1/2 tsp vanilla extract	Provides a warm, balanced depth of flavor.

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Instructions

1. **Prepare the Cream Cheese Mixture**
   In a mixing bowl, beat the softened cream cheese until silky and lump-free.
2. **Incorporate Sweetener & Flavorings**
   Blend in the powdered erythritol, lemon juice, lemon zest, and vanilla extract until fully combined. The mixture should be thick and tangy.
3. **Whip the Cream**
   In a separate bowl, beat the heavy whipping cream using a mixer at medium-high speed until soft peaks form (about 2-3 minutes). The cream should hold shape but have a gentle droop when lifted.
4. **Combine & Fold**
   Gradually fold the whipped cream into the cream cheese mixture in small portions, starting with about one-third. Continue folding in the remaining whipped cream until fully incorporated, ensuring the mousse remains airy and light.
5. **Chill & Set**
   Spoon the mousse into serving dishes or pipe it elegantly using a star-tip nozzle. Cover and refrigerate for **1-2 hours** to let the flavors meld and the mousse set.
6. **Serve & Enjoy**
   Garnish with extra lemon zest, fresh berries, or a sprig of mint for a sophisticated finish. Indulge guilt-free in this keto-friendly treat!

Category

1. High Protein Recipes

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