



Protein Mousse

Description

Protein Mousse is free from sugar delicacy and is rich and creamy. Without all the sugar, it has the same flavor and texture as the sweet type. The best thing about this nutritious mousse is that it just takes around five minutes to prepare. You may either eat it right away or let it solidify more in the refrigerator for a few hours. Keto Protein Mousse has an amazing nutritional profile and tastes like a decadent dessert. It contains 3.9g of net carbs, 5.1g of carbohydrates, and 1.2g of fiber. It had 14g of protein per serving. The mousse may be stored in the refrigerator for up to five days as long as the heavy cream and cottage cheese remain fresh. It may also be used in other entertaining ways, such as making popsicles.

STATS:

- Course: Dessert
- Cuisine: American
- Prep Time: Fifteen minutes
- Chill time: One hour
- Total Time: One hour Fifteen minutes
- Servings: 4 servings
- Calories: 230kcal

EQUIPMENT:

- Blender
- Bowl (large)
- Serving glasses

INGREDIENTS:

- $\frac{3}{4}$ cup cottage cheese
- $\frac{1}{2}$ cup whey protein powder (chocolate)

- $\frac{1}{2}$ tsp. espresso powder non-compulsory
- $\frac{3}{4}$ cup heavy whipping cream
- 3 tablespoons pounded sweetener
- 2 tablespoons powder of cocoa
- $\frac{1}{2}$ teaspoon vanilla extract

INGREDIENT NOTES:

COTTAGE CHEESE:

- Any type of cottage cheese should work, but I use part skim to help reduce the fat content down a touch.

PROTEIN POWDER:

- I desire to utilize whey protein powder of chocolate flavor to prepare this protein mousse.

POWDERED ESPRESSO:

- Although it is optional, this ingredient enhances the flavor of chocolate. If you like a mocha flavor, you can have extra.

THICK WHIPPING CREAM:

- The chocolate becomes extremely light and fluffy when the whipped cream is folded into it.

SWEETENER:

- This recipe should work with any kind of powdered sweetener.

POWDERED COCOA:

- Dutch process cocoa is what I suggest for a richer chocolate flavor.
- Additionally, it mixes well with the other components.

EXTRACT FROM VANILLA:

- This mousse recipe's chocolate richness is enriched with a few drops of vanilla.

INSTRUCTION:

MIX THE CHEESE:

1. Put the protein powder of chocolate flavor, cottage cheese, and espresso coffee powder in a blender.
2. Blend until it's smooth.

BEAT THE CREAM:

1. Combine the vanilla extract, cocoa powder, sweetener, and heavy cream in a large bowl.
2. Beat until firm peaks form in the cream.

FOLD TOGETHER:

1. Softly stir the cottage cheese mixture into the cream, being watchful not to reduce the peaks too much.

LET IT COOL TO SET:

1. After dividing the mixture into four dessert glasses, refrigerate it for one to two hours to solidify it.
2. Your Keto Protein Mousse is ready!

TIPS:

- I suggest draining the cottage cheese for about one hour beforehand if it's thinner and a little runny. Just put it in a sieve with fine mesh and place it over the sink.
- Since cottage cheese frequently has a salty flavor, no extra salt is needed in this protein mousse recipe. It won't taste savory or salty when the sugar, vanilla, and cocoa powder are combined.
- You have a lot of possibilities, even though this recipe uses chocolate whey protein powder. While plant-based protein powders often have an earthier flavor, any type of protein powder like vegan, whey, egg white, etc. should work here.
- Vanilla or plain protein powder can also be used if chocolate protein powder is not available. However, you'll want to add slightly more sweetness and another tablespoon of cocoa powder. When blending the cream cheese, add them.
- Feel free to add whichever sweetener you choose because this recipe doesn't depend on it for texture or consistency. To prevent any grittiness, it should be a powdered form.

STORAGE INFORMATION:

FRIDGE:

- Put the protein mousse in the sealed box and stock it for up to three to five days (3-5).

FREEZER:

- Transfer the mousse to the molds of silicon cover it with the lid or plastic or aluminum wrap and stock it for up to a few months.

FAQs:

Is cottage cheese good for diets high in protein?

- Cottage cheese is a fantastic high-protein, low-carb meal. Cottage cheese has just three (3) to five (5) grams of carbs and twelve (12) to Fourteen (14) grams of protein per $\frac{1}{2}$ cup meal. In addition to the probiotics, I truly enjoy the Good Culture brand.

How many carbohydrates does Protein Mousse contain?

- Each serving of this protein mousse dish has 1.2g of fiber and 5.1g of carbohydrates. Each serving has 3.9g of net carbohydrates.

How should protein mousse be stored?

- Put the protein mousse in the fridge for five (5) days. Protein mousse would be frozen for a several months. I froze it in molds of silicon like this for individual servings after having some fun with it lately. After that, you may remove it from the mold of silicon and let it defrost before serving. With some keto version of chocolate sauce, it may even be eaten frozen!

NUTRITIONAL INFORMATION:

Serving size: One cup

Calories: 230

Fat: 18.3g

Carbohydrates: 5.1g

Fiber: 1.2g

Protein: 13.7g

Net carbs: 3.9g

Category

1. High Protein Recipes

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