



Tasty Chocolate Mousse with Few Calories and Only 3 Ingredients

Description

Are you searching for a dessert that is both delicious and good for you? This chocolate mousse with few calories is perfect for those who want to eat less sugar but still want something sweet and indulgent. Made with only three ingredients — coconut milk, cocoa powder, and water — it's an easy and healthy treat that you can quickly make. Let's see how you can make this delicious dessert.

Ingredients

- 1 can of full-fat coconut milk (13.5 ounces)
- 2 tablespoons of cocoa powder without sugar
- 1/4 cup of cold water

Preparation

1. Cool the coconut milk.

Put the coconut milk can in the fridge overnight. This step is very important because it helps the cream separate from the liquid and become solid, which makes it easier to whip.

Get ready the foundation:

The following day, gently open the cold coconut milk can without shaking it. Put the hardened coconut cream into a bowl. Keep the rest of the liquid for making smoothies or other dishes.

Beat the coconut cream:

Utilize an electric mixer to beat the coconut cream until it becomes airy and fluffy, which should take around 3-5 minutes. The consistency should be like whipped cream.

4. Include Cocoa Powder:

Sprinkle the cocoa powder over the whipped coconut cream to prevent clumps. Carefully mix the cocoa into the cream until it is completely combined, being careful not to let the mixture lose air.

5. Make sure everything is the same.

If the mousse becomes too thick when you add the cocoa powder, gradually stir in some cold water, one tablespoon at a time, until you get the texture you want.

Put the mousse in a bowl or separate cups and place it in the refrigerator for at least one hour. This helps the mousse firm up and enhance its taste.

After cooling, you can serve your chocolate mousse as it is, or add a bit of cocoa powder or coconut flakes on top for a fancier presentation.

Advantages of This Sweet Treat:

This chocolate dessert is simple to prepare and is good for you. Coconut milk is rich in vitamins and minerals, making it a good choice for people who cannot digest lactose or want to avoid dairy products. Cocoa powder, which has many antioxidants, can help improve heart health and make you feel happier.

Indulge in this rich chocolate dessert whenever you crave something sweet without feeling guilty. It shows how basic ingredients can turn into something really amazing.

Category

1. Grandma Recipes

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