



CHOCOLATE MOUSSE

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 5 mins

Cook time: Nil

Serves: 4



INGREDIENTS

- 1-2 cans coconut cream (depends on the amount of cream versus water in the can. Each brand is different, but if only 1-2cm water in can, then one can will suffice.
- 3 tbsp cacao powder
- 2 tbsp honey
- 1/2 tsp vanilla extract

METHOD

- Coconut cream must be refrigerated, and chilled for several hours or preferably overnight. I keep a few cans in the fridge always in case I want to make this at short notice.
- Open the can without shaking, and spoon the cream out into bowl.
- Whip cream in mixer on slow to medium speed, then add cocoa, honey and vanilla.
- Gradually increase the speed and beat until blended and aerated.
- Serve chilled with berries, fruit or just on its own.
- Garnish with grated chocolate or coconut.