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INSTANT CHOCOLATE MOUSSE

I love this recipe! What's not to love? Chocolate mousse, more or less healthy, and made in a minute! It's a winner.

Serves: 10-12



Time: 15 minutes



INGREDIENTS

80 grams (3 oz) coconut sugar (see Tips)
100 grams (3.5 oz) cocoa powder
100 grams (3.5 oz) chocolate protein powder (see Tips)
10 grams (0.35 oz) ground cinnamon (see Tips)
800 grams (28 oz) smooth ricotta (see Tips)
mini cones, to serve



METHOD

1. Place sugar into mixing bowl and mill **10 sec/speed 10**.
2. Add cocoa powder, chocolate protein powder and cinnamon. Mix **15 sec/speed 4**.
3. Add ricotta and blend **1 min/speed 6**, until smooth.
4. Transfer chocolate mousse to a piping bag with star nozzle and pipe into cones or small bowls or cups.

Tips

- Coconut sugar adds a lovely caramel note to the mousse; it can be replaced with caster sugar or raw sugar too.
- Protein powder is found in the health food aisle of the supermarket, in the vitamin aisle of the chemist and in bodybuilder shops. I look for whey protein powder because the main ingredient is whey, reserved from the cheesemaking process. Check the ingredients list for any allergens such as gluten.
- If your ricotta is quite soft, drain it first to avoid adding too much liquid to your mousse.
- This keeps for five days in the refrigerator. I store it in a piping bag for emergency treats!
- Top your mousse with raspberries if desired.

Variations

- Play around with other spices, such as cardamom and even chilli!

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SHOPPING LIST:

- Coconut sugar (80 grams / 3 oz)
- Cocoa powder (100 grams / 3.5 oz)
- Chocolate protein powder (100 grams / 3.5 oz)
- Ground cinnamon (10 grams / 0.35 oz)
- Smooth ricotta (800 grams / 28 oz)
- Mini cones



NOTES & TIPS:



- Substitute with any sugar of choice



- Look in the health food aisle, chemist or muscle shop; I prefer whey protein