FRENCH · DESSERT

Four-Ingredient Chocolate Mousse (Egg-Free)

15 min · plus 1–3 hours chilling | Makes 4 × 1 small bowl | 276 kcal a portion

Video 4:03 · HK's Keto & Low Carb Recipes

Vegetarian | Gluten-free ingredients | Nut-free

Cream, butter, cocoa and 85% dark chocolate sweetened with stevia: about 4.5 g net carbs a bowl, with only about 1.5 g sugar from the chocolate. Egg-free.

Diet notes: Keto (4.6 g net carbs a serve).

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Ingredients

6 · MAKES 4 × 1 SMALL BOWL

- ☐ 50 g 85% **dark chocolate** (Lindt)
- ☐ **Sugar**: (sugar in the 85% chocolate, about 6.5 g)
- ☐ 15 g **salted butter**
- ☐ 200 ml **whipping cream**, well chilled
- ☐ 1 tbsp **cocoa powder**
- ☐ **stevia** to taste (liquid or powdered)

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Microwave the chocolate for 15 seconds, add the butter and microwave 30 seconds more, then stir into a smooth, glossy mixture. Set aside to cool a little. 0:59
2. Put the cold cream, cocoa powder and stevia in a chilled bowl and whip with a hand mixer until thick and fluffy. Taste and add more stevia if needed. 1:23
3. Pour in the melted chocolate and whip again until it is all combined and holds soft peaks (add a pinch of salt here if you used unsalted butter). 1:51
4. Spoon into 4 small bowls or glasses and refrigerate for at least 1 hour, ideally a few hours, before serving cold. 2:14

> **Tip** For a mocha mousse, add a little espresso powder with the cocoa. Erythritol works instead of stevia: start with 1–2 spoonfuls and adjust to taste.

The method is a summary in our words — the video shows every step.

One portion (1 small bowl) gives you

1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
276 kcal	2.9 g	6.8 g	2.2 g	27 g	50 mg
1,150 kJ	6% of a day	4.6 g net · 3.2 g sugars	8% of a day	17 g saturated	2% of a day
		2% of a day		34% of a day	

Energy from net carbs 7% · protein 4% · fat 89% — fits keto: 4.6 g net carbs, 89% of the energy from fat

High in (20%+ of a day) Vitamin A 26%

Source of (10–19%) Iron 12% · Magnesium 11% · Zinc 11% · Omega-3 10%

Recipe and video: HK's Keto & Low Carb Recipes (@HKKetoRecipes) on YouTube — youtube.com/watch?v=yNyzyxSt-aI, published 19 November 2016. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/four-ingredient-chocolate-mousse