

Chocolate Mousse (Dairy Free)

INGREDIENTS

- 1 Tin Coconut cream
- 3 Tsp Cacao powder
- 1/2 Tsp Vanilla extract
- 4 Tsp Xylitol



METHOD

Place coconut cream in the refrigerator for an hour so that the cream hardens, separates and rises to the top. Open the can and scoop out this hardened cream.

Using a hand held mixer on medium speed, slowly start to whip the coconut cream (using the same techniques you would for regular dairy cream). Add cocoa, xylitol and vanilla extract and gradual work to a higher speed until ingredients are well combined and you have incorporated enough air for desired texture.

Top with your favorite variety of chopped nuts, berries or whipped cream serve immediately. Mousse will also keep well in the refrigerator for several days.



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