



CHOCOLATE MOUSSE WITH PEPPERMINT CREAM

By Dr. Cindy Tanzar
(Maintenance/Special Occasions)

This rich, velvety chocolate mousse is a decadent yet “on-plan” dessert perfect for holidays or special celebrations. Made with high-quality unsweetened chocolate, butter, and a touch of espresso powder to deepen the flavor, it delivers a smooth and luxurious texture without sugar or flour. The cool, lightly sweetened peppermint cream topping adds a festive flair, balancing the richness of the mousse with a refreshing finish. Make ahead for an easy and elegant presentation.

Makes 3 servings.



INGREDIENTS

- 1/2 cup organic whipping cream
- 1/2 cup unsweetened almond milk
- 1/4 cup Kerry Gold butter
- 2 oz. high-quality, unsweetened chocolate bar (Ghiradelli), chopped
(lower quality chocolate will not work)
- 2 Tbsp cocoa powder



1/4 cup powdered Swerve
1/2 tsp. espresso powder, optional (brings out the chocolate flavor)
2 large pastured eggs, room temperature
1 tsp grass-fed gelatin or regular Knox gelatin if you can't get it

PEPPERMINT CREAM

1 cup organic heavy cream
1/4 tsp pure peppermint extract
2-3 tsp Swerve, Lakanto monkfruit or drops of liquid stevia – all to taste
(Start with less, taste and add more to your liking.)

INSTRUCTIONS

In a small pan, combine cream, almond milk and butter. Bring to a full boil, then remove from heat.

In a food processor/blender, combine unsweetened chocolate, cocoa powder, Swerve and espresso powder. Pulse a few times to combine. Add scalded cream mixture and blend until smooth.

Crack eggs into a small bowl, then quickly add to the mixture and blend until smooth. Pour into dessert cups and chill at least one hour.