

Free Espresso Chocolate Mousse

Recipe from Cristilynn Rood, Food Services

Ingredients

6 oz. sugar free chocolate chips
¼ cup of unsweetened cocoa powder
½ cup Swerve sweetener
1½ cups unsweetened almond milk
2 egg yolks
¼ tsp instant espresso powder
¼ tsp fine sea salt
1 tsp double chocolate stevia
8 oz. mascarpone cheese or cream cheese

Method

1. Place the chocolate chips into a highpowered blender and set aside.
2. In sauce pan over low heat bring the cocoa powder, swerve, almond milk, yolks, espresso, and seas salt to a simmer, whisking constantly until thickened, about 5 minutes.
3. Pour this mixture into the blender to melt the chocolate.
4. Blend on high until smooth.
5. Add in the mascarpone cheese and liquid stevia.
6. Spoon evenly into 8 ramekins or serving glasses.
7. Chill 2 hours.
8. Serve cold and top with whipped cream if desired.