

Secret Ingredient Easy Chocolate Mousse (Low Carb, Keto)

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Serves: 8 servings

Ingredients

- 8 ounces cream cheese block, softened
- ¼ cup unsweetened cocoa powder
- ½ large avocado, pitted
- ⅛ teaspoon vanilla extract
- 2-3 tablespoons of desired sweetener, I recommend Swerve.
- ¼ cup heavy whipping cream
- 90% dark chocolate shaved, to garnish

Instructions

1. Beat together the cream cheese until creamy and smooth using a handheld mixer in a medium mixing bowl. Slowly mix in the cocoa powder. Beat in the avocado and mix until creamy smooth, approximately 5 minutes.
2. Add the vanilla extract and sweetener and beat again until smooth, approximately 1-2 minutes.
3. In a separate mixing bowl, whip the heavy cream until stiff peaks form.
4. Place the whipped cream in the chocolate mixture and gently fold until it's incorporated.
5. Place the chocolate mousse in a piping bag and pipe into desired containers. Garnish with dark chocolate shavings.

Notes

*Please calculate your OWN nutrition information in a database using the brand names. I recommend My Fitness Pal. Each brand will be different and nutrition information can vary.

Nutrition Information

Serving size: ⅛th recipe Calories: 192 Fat: 17.7 g Saturated fat: 11.1 g Carbohydrates: 4.2 g Fiber: 0.9g Protein: 2.4 g

Recipe by Gal on a Mission at <https://www.galonamission.com/secret-ingredient-easy-chocolate-mousse/>