



Chocolate mousse

Serve in shot glasses at your next cocktail party.

Energy: 1088KJ Carb: 47g More than 2 hours **Serves: 5**
Protein: 11g Fat: 7g **Recipe Type:** Desserts

Ingredients

Main Ingredients

- 2 tsp gelatine
- 2 tbsp hot water
- 3 tbsp melted milk chocolate, (made with half a tsp of granules)
- 60 grams milk chocolate, melted
- 2 cups vanilla yoghurt, fat-free
- 80 ml coffee powder, sifted
- 2 extra large PnP egg whites
- 80 ml PnP castor sugar

Method

- Dissolve gelatine in hot water
- Mix coffee and chocolate with half a cup (125ml) yoghurt
- Add remaining yoghurt and cocoa powder. Add gelatine to the chocolate mixture and mix well.
- Whisk egg whites to soft peak stage, then gradually add a spoonful of sugar at a time, until thick and glossy.
- Use a metal spoon to gently fold egg whites into the chocolate mixture.
- Divide between glasses and chill for a few hours, or until set