



# Low FODMAP Chocolate Mousse

Serves: 6

Prep: 15 minutes

Cook: 5 minutes



Ingredients	Metric	Imperial
Baking dark chocolate, roughly chopped	300 g	10.6 oz
3 eggs		
¼ cup caster sugar	55 g	1.9 oz
1 tbsp cocoa powder		
Lactose free thickened cream	300g	10.1 oz

## Method

1. Melt chocolate by placing it in a heatproof bowl over a pan of gently simmering water (don't let the bowl touch the water) and stir until melted.
2. Remove bowl from heat and set aside to cool slightly.
3. Place eggs and sugar in a large bowl and beat with electric beaters for around 5 minutes, or until the mixture is pale, thick and doubled in volume.
4. Fold cocoa powder and cooled chocolate into the egg mix until combined.
5. In a separate bowl, whip cream until thickened (be careful not to over-beat).
6. Use a large metal spoon to carefully fold the cream into the chocolate mixture, trying to keep the mixture as light as possible.
7. Spoon into 6 serving glasses and chill in fridge for at least 1 hour. Remove from fridge 15 minutes before serving.

## Hints

- Try topping the mousse with whipped cream, grated chocolate and maybe even some strawberries!

Nutrition Information (per serve)	
Energy	2106 Kj / 503 cal
Protein	6g
Carbohydrates	41.9g
Sugar	36.5g
Total Fat	35.7g
Saturated Fat	21.7g
Fibre	0.9g