

# Chocolate Mousse

**Calories:** 65 kcal

**Servings:** 4

**Time:** 1.15 Hours

## Ingredients

- 85.00 g Chocolate (Empower Foods premium dark chocolate or sugar free chocolate)
- 120.00 ml Cream (thickened)
- 2.00 whole Eggs

## Instructions

1. Melt chocolate in glass bowl over water on stove or microwave on low.
2. Mix egg yolks quickly and add to melted chocolate and mix well (the chocolate mixture will change consistency to be more like a cake mix) put aside to cool slightly.
3. Beat egg whites till soft peaks form, whip the cream and fold whipped cream into chocolate mixture, fold egg whites to mixture.
4. Place in a bowl and put in the fridge to set.
5. To serve grate a little extra chocolate on top or add fruit of your choice.