

Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

Low Carb Chocolate Mousse

Ingredients

400mls coconut milk

2 egg yolks

100g dark chocolate (at least 70% cocoa),

Broken into small pieces

1 vanilla pod

Dollop cream to serve

Mint leaves

1 tbs crushed hazelnuts

Method

This is perfect for those special occasions. Serve with some dollop cream, mint leaves and crushed hazelnuts xoxo

1. In a saucepan over medium heat, whisk the coconut milk and egg yolks whilst bringing it to a simmer.
2. Stir while it simmers for 10 mins.
3. Place the chocolate into a bowl and pour the milk and egg mixture onto the chocolate.
4. Slice the vanilla pod open and scrape out the vanilla seeds and stir the mixture until well combined and the chocolate has melted.
5. Give it a good whisk and pour into small ramekins or glasses.
6. Refrigerate for at least 2 hours.
7. Serve with the cream, mint leaves and hazelnuts.



Preparation Time: 5 minutes

Cooking Time: 10 minutes

Author: Dietdoctor.com

Serves 4

For more recipes and information on living the low carbohydrate lifestyle find us at:

www.goodtoeat.com.au