

Salut!

Recipe of the Month – November 2015

Dark Chocolate and Berry Mousse

Ingredients:

80 gms dark chocolate (I use Whittakers 72% Dark Ghana)

2 egg whites

4 tbs probiotic 98% fat free raspberry or mixed berry yoghurt



Method:

Break chocolate into squares and put them into a pyrex jug. Put some water into a small saucepan, bring it to the boil then lower the heat and let the water simmer gently.

Put the pyrex jug into the saucepan and when the chocolate has melted, take the jug out and leave it to cool for a couple of minutes.

While the chocolate is cooling, separate the yolks from the egg whites and whisk the whites until they become firm and form soft peaks. Put the egg yolks in a covered container in the fridge to be used for something else.

Add the melted chocolate to the yoghurt in a bowl and mix well.

Fold the egg whites gently into the chocolate yoghurt mixture then spoon it into ramekins or shot glasses.

Refrigerate the mixture for two hours to allow it to set.

Just before serving, decorate with a raspberry, a mint leaf and/or some chocolate shavings.

This dessert looks and tastes decadent but, in fact, it's relatively healthy! *Bon appétit!*