



Chocolate Mousse

In a Cup

INGREDIENTS

2/3 c Coconut Milk (full fat!)
4 T granulated sweetener (we used Pyure)
2-3 T Cacao Powder
Pinch of Salt
1 1/3 c Heavy Whipping Cream

DIRECTIONS

Add coconut milk and sweetener to a saucepan and heat until it just begins to boil and sweetener is dissolved. Add cacao and pinch of salt to a separate bowl. Pour coconut milk over cacao and whisk until smooth, then set aside to cool (we put ours in the freezer for a few minutes). Whip the heavy whipping cream until peak forms (use those muscles if you don't have an electric mixer!) then fold in the cooled cacao mixture.

MACROS:
53carbs
4g protein
28g fat
308 calories

