



Recipe Name: Rich Dark Chocolate Mousse Recipe

Diet Type:

Course: Dessert

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 160 grams Dark chocolate - chopped	8
• 1 teaspoon Sprig Extract of Natural Bourbon Vanilla	
• 3 Egg yolks	
• 3 Egg whites	
• 1/2 cup Caster Sugar - + 3 Tablespoons	
• 1/4 cup Fresh cream - chilled and strained from water	

Preparation

- To begin making the Rich Dark Chocolate Mousse Recipe, we will first melt the chocolate.
- For this, heat about 1 inch of water in a large pan till it boils.
- Reduce the heat to low and maintain the temperature.
- We will use this skillet water for double boil.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
320	6	25	24	4	20