



Greek Yogurt Chocolate Mousse

3 servings

8 hours

Ingredients

- 113 grams Dark Chocolate (chopped)
- 1 1/2 cups Plain Greek Yogurt
- 1/4 cup Cocoa Powder
- 1 tbsp Raw Honey
- 1/2 tsp Vanilla Extract
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	355
Carbs	33g
Fiber	7g
Sugar	18g
Protein	15g
Cholesterol	18mg
Sodium	178mg
Vitamin A	640IU
Vitamin C	7mg
Calcium	287mg
Iron	6mg
Vitamin D	50IU

Directions

- 1 Add water to a double boiler. Alternatively, fill a small pot halfway with water and place a heat-safe bowl on top. Bring the water to a boil and add the chocolate to the bowl. Melt the chocolate, stirring often. Set aside and let cool slightly.
- 2 In a stand mixer with the whisk attachment, combine the cooled melted chocolate, Greek yogurt, cocoa powder, honey, vanilla, and salt.
- 3 Whip the mixture until smooth and creamy and then portion into containers or jars. Place in the fridge overnight or for at least eight hours. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is about 1/2 cup.

No Stand Mixer: Use a hand mixer or immersion blender with the whisk attachment.

Thicker Mousse: For a thicker mousse, use full-fat yogurt. Thin if needed with a splash of milk.

Additional Toppings: Berries, coconut flakes, nuts and/or seeds.

No Dark Chocolate: Use chocolate chips instead.