Dark Chocolate Mousse

Just two ingredients make an impossibly light, properly bitter chocolate mousse.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**0 min**	**15 min**	**6**	**EASY**

Ingredients

- 90 g dark chocolate (70% cocoa or higher)
- 100 g egg whites (about 3 large eggs))

Method

1. Melt the chocolate gently in a heatproof bowl over a pan of simmering water. Set aside to cool slightly.
2. Whisk the egg whites to stiff peaks.
3. Fold the melted chocolate through the egg whites in three additions, keeping as much air in as possible.
4. Spoon into small glasses and refrigerate for at least 3 hours before serving.

Tips & swaps

- Make sure the chocolate has cooled to just warm before folding it in, or it will deflate the egg whites.

Storage & reheating

Keeps in the fridge for 2 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
110	**4g**	**8g**	**8g**	**2g**

Estimated values, for guidance only. Contains: Egg.