

CHOCOLATE MOUSSE WITH BERRIES

Preparation time: 10 minutes

Cooking Time: 5 minutes, plus 2-3 hours chilling time.

Serves: 6

Ingredients

30g (¼ cup) cocoa powder

2 teaspoons gelatine powder

110g (½ cup) sugar

375 mL skim evaporated milk

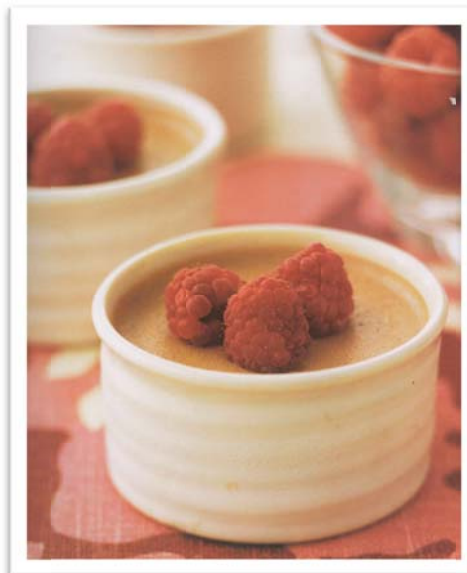
125 mL reduced fat cream

150g (½ cup) strawberries or raspberries, to serve

6 scoops low fat ice-cream (optional)

Method

1. Sift the cocoa into a saucepan, then stir in the gelatine and sugar. Stir in about 60 mL (¼ cup) of the milk, stirring to form a smooth paste. Put the saucepan over medium heat and stir for about 3 minutes to dissolve the sugar and gelatine, then gradually stir in the remaining milk. Heat until the liquid is hot but not boiling, stirring occasionally.
2. Remove from the heat, stir in the cream, then divide the mixture between six 125 mL (½ cup) glasses or ramekins. Chill until set.
3. Serve with the fresh berries and with a scoop of ice-cream, if desired.



Nutritional Information:

Kilojoules 790 kJ

Calories 190 cal

Protein 8 g

Total fat 5 g

Saturated fat 3 g

Carbohydrate 28 g

Sodium 90 mg

Fibre 2 g

GI low