

Chocolate Mousse

This is the simplest elegant dessert you could make. If you take 5 minutes or so before dinner to prep this, you will have an elegant and delicious dessert to serve your family or guests. Depending on the chocolate you use, you could add a little sugar to the cream as you heat it to add sweetness. I prefer only the sweetness in the chocolate. Dress it up with berries or fruit on the side.

½ cup heavy cream
⅓ cup chocolate (2.5 oz)
½ cup sour cream

1 Tbs Grand Marnier or other orange-flavored liqueur
1 cup berries, assorted

- 1 Heat cream nearly to a boil.
- 2 Add chocolate to cream and stir until melted. Let rest to cool.
- 3 Once chocolate is cool, add cold sour cream to chocolate mixture and stir until smooth. Stir in liqueur and divide among 4 ramekins or serving dishes. Refrigerate until ready to serve. 20 minutes or more.
- 4 Decorate dishes with berries and serve.

Servings: 4

Preparation Time: 5 minutes

Inactive Time: 20 minutes

Total Time: 25 minutes

Nutrition Facts

Nutrition (per serving): 258 calories, 174 calories from fat, 20.3g total fat, 52.6mg cholesterol, 26.1mg sodium, 187.5mg potassium, 18.2g carbohydrates, 1.9g fiber, 1.9g sugar, 2.5g protein.

Source

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