5-Minute Keto Chocolate Mousse

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving): Total carbs: 8.3 g, Fiber: 3.3 g, **Net carbs: 5 g**, Protein: 3.9 g, Fat: 46.7 g, Calories: 459 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 2 servings)

1 cup heavy whipping cream (240 ml/ 8 fl oz)

3 tbsp raw cacao powder *or* Dutch process cocoa powder (16 g/ 0.6 oz)

1/2 tsp cinnamon, or less to taste

12-15 drops Stevia extract

Optional: toasted flaked coconut *or* almonds for garnish

Instructions

1. Pour the cream into a medium bowl along with the cacao powder.
2. Using an electric hand mixer beat the mixture until light and fluffy.
3. Stir in the cinnamon and stevia until combined.
4. Transfer to small jars and optionally garnish with toasted coconut or flaked almonds. Store in the fridge for up to 3 days.

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