

# Easy Low-Carb Cinnamon Roll Mousse

Hands-on 5 minutes Overall 5 minutes

**Nutritional values (per serving):** Total carbs: 6.8 g, Fiber: 1.8 g, **Net carbs: 5.1 g**,

Protein: 4.6 g, Fat: 29.3 g, Calories: 291 kcal,

[Original recipe, Keto Diet App - The ultimate low-carb diet app](#)



## Ingredients (makes 4 servings)

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### Mousse:

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- 1/2 cup heavy whipping cream (120 ml/ 4 fl oz)
- 1/2 cup softened full-fat cream cheese (120 g/ 4.2 oz)
- 1/4 cup powdered [Swerve](#) or [Erythritol](#) (40 g/ 1.4 oz)
- 2 tbsp unsalted cashew butter or [almond butter](#) (32 g/ 1.1 oz)
- 1 tsp [cinnamon](#)
- 1/2 tsp sugar-free [vanilla extract](#)

### Drizzle:

- 2 tbsp [coconut butter](#) (32 g/ 1.1 oz)
- 1 tbsp powdered [Swerve](#) or [Erythritol](#) (10 g/ 0.4 oz)
- 1 tsp virgin [coconut oil](#)

## Instructions

1. In a large mixing bowl mix together the heavy cream and cream cheese until smooth. Add in the remaining ingredients (sweetener, cashew butter, cinnamon and vanilla) and stir to combine (sweetener can be used to taste).
2. In a small bowl mix together the drizzle ingredients and microwave for 10 seconds until syrupy.
3. Divide the mousse between 4 small serving jars and top with the drizzle.
4. Dust with more cinnamon and serve.
5. Store leftovers in the refrigerator for up to 5 days.

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