

Keto Salted Chocolate Olive Oil Mousse

Hands-on 20 minutes Overall 20 minutes

Nutritional values (per serving): Total carbs: 5.6 g, Fiber: 1.7 g, Net carbs: 4 g, Protein: 6.7 g,

Fat: 29.3 g, Calories: 298 kcal,

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



Ingredients (makes 6 servings)

4 large eggs, separated (*use pasteurized*)
1 1/2 bars 90% dark chocolate (150 g/ 5.3 oz)
1/3 cup olive oil (mild flavoured, not extra virgin) (80 ml/ 2.7 fl oz)
1/2 tsp sea salt
4 tbsp confectioners Swerve or powdered Erythritol (40 g/ 1.4 oz)
1/2 tsp vanilla bean powder or 1-2 tsp sugar-free vanilla extract

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Instructions

1. Break the chocolate into pieces.
2. Place the chocolate in a bowl over a pan of simmering water until smooth.
3. *Slowly* add the olive oil, in a drizzle, whisking the whole time. Once the oil is combined, set the chocolate mixture aside to cool. Note that if you add the oil all at once, it will separate and refuse to come together. I tell you this from experience.
4. Place the egg yolks in a small mixer bowl and beat them until pale and creamy.
5. Place the egg whites into a larger bowl and whisk them until soft peaks form, then add the vanilla powder and then the Swerve in small amounts, whisking well in between additions.
6. Fold the chocolate mixture through the egg yolks gently. Take the chocolate and yolk mixture and fold it very gently through the egg whites.
7. Spoon the mousse into serving glasses. This makes six servings, but I only had four pretty glasses, so the other two servings were in different glasses. Now, if you needed to, you could eat this straight away. It is thick enough to eat with a spoon at this point, but I recommend placing it in the fridge for two hours to firm it up even further.
8. Store in the refrigerator for up to five days. The outside of the mousse will discolour slightly if exposed to the air in the fridge, so try to cover them with cling wrap.