

Low-Carb Mascarpone Mousse with Blackberry and Star Anise Sauce

Hands-on 20 minutes Overall 30 minutes

Nutritional values (per serving): Total carbs: 4.7 g, Fiber: 1.4 g, **Net carbs: 3.3 g,**

Protein: 5.1 g, Fat: 29.5 g, Calories: 308 kcal,

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



Ingredients (makes 6 servings)

Blackberry sauce:

1 cup fresh *or* frozen blackberries (150 g/ 5.3 oz)

2 star anise

1 tbsp [Swerve](#) *or* [Erythritol](#) (10 g/ 0.4 oz)

1 tbsp grass-fed [gelatin powder](#) (11 g/ 0.4 oz)

1/4 cup cold water (60 ml/ 2 fl oz)

Mascarpone mousse:

1 cup mascarpone (240 g/ 8.5 oz)

1/2 tsp [vanilla powder](#) *or* 1 tsp sugar-free [vanilla extract](#)

1 tbsp [Swerve](#) *or* [Erythritol](#) (10 g/ 0.4 oz)

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

Instructions

1. Place the blackberries, Swerve and star anise in a pan and place over medium heat.
2. Mash the blackberries as they cook to release the juices, but add a splash of water if you think it's needed. Once cooked through, remove the star anise and pass the sauce through a strainer to get rid of the seeds. Return to the saucepan.
3. Bloom the gelatin in the cold water for five minutes and then add to the sauce, stirring until dissolved. Sit in fridge to thicken a bit, but watch to make sure it doesn't gel.
4. Combine the mascarpone, vanilla powder and Swerve in a bowl and mix well. Place the cream in the bowl of your stand mixer and beat on high until whipped.
5. Gently fold the whipped cream through the mascarpone mixture until combined, but still light and airy.
6. Spoon into individual serving glasses and chill until ready to serve. When ready to serve, warm the sauce slightly until it is easily pourable and drizzle over mousse to serve.

7. Store the mousse covered, in the refrigerator for 2 days.

8. Store the sauce in a sealed container in the refrigerator for up to a week.

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