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PREP: 55
COOK: 20
SERVES: 2

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High Protein Mocha Mousse

Craving something rich and chocolatey? This Protein Mocha Mousse delivers all the indulgence of a classic dessert with the added bonus of protein, creating a creamy, satisfying treat that contributes to your fitness goals.

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Ingredients

1 cup (250g) Full fat Cottage cheese

3 tbsp Queen Sugar-Free Espresso Coffee Topping

60g vanilla protein powder

50g 70% dark chocolate

Method

STEP 1

Combine the cottage cheese, Espresso Coffee Topping and protein powder in a food processor or high-speed blender. Blend until very smooth, then scrape down the sides and blend again ensure the mixture is silky

STEP 2

Place the dark chocolate in a microwave safe bowl and melt in the microwave in 20-30 second increments mixing well between each until melted. Stirring well between each burst will ensure you don't overcook the chocolate because residual heat while stirring will melt the final pieces.

STEP 3

Add the chocolate to the food processor and blend again until combined. Divide between two 200ml jars or glasses. Cover and refrigerate for 2 hours or overnight.

STEP 4

Serve with a dollop of yoghurt and a drizzle of Espresso Coffee Topping

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