

Decadent & Easy Keto Chocolate Mousse

From Fitmencook

[Here is the link to the recipe](#)

Ingredients for 5 servings:

- 2 cans (13.66 oz each) coconut cream
- 2 tablespoons Swerve confectioners sweetener (or stevia in the raw)
- 4 tablespoons dark chocolate or cacao powder
- 1 tablespoon choice of extract (i.e., chocolate, almond, vanilla, etc)
- Garnish
 - cacao powder
 - cacao nibs (unsweetened)

STEPS

1. Refrigerate the cans of coconut cream for at least 4 hours or more.
2. Scoop out just the coconut cream – no liquid – into a chilled bowl, preferably a metal bowl.
3. Add the remaining ingredients and blend with a hand mixer for at least 15 minutes or until peaks form. For the final 5 minutes of mixing, I like to change the mixing attachment to a whisk to make the mousse a little more voluminous.
4. Garnish and enjoy!

