

CHRISTMAS MOLTEN CHOCOLATE MOUSSE

INGREDIENTS

A delicious dessert which makes a great alternative to the heavier Christmas puddings. Enjoy molten & hot, or chilled as a mousse. Makes 6 small ramekins.

- 100g good quality dark chocolate *
- 30ml milk of your choice
- 3 eggs, preferably organic
- 1 tbsp raw cacao, or cocoa powder
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 25g of honey *
- 18 tsp of mincemeat (3 per pot)

* how much honey you need will depend on your exact chocolate %, your mincemeat, & your personal taste. For example: -

- ◇ For 85% cocoa bean dark choc I used 25g of honey
- ◇ For Lindt 47% orange & almond choc I didn't use any honey

METHOD

1. In a large bowl, melt the chocolate and milk very gently over a bain-marie or in a microwave. If you are using a flavoured chocolate these tend to melt quicker and can easily seize up, so keep an eye on it. Then stand for a minute.
2. To a clean bowl add all 3 egg whites, whilst adding the yolks to the melted chocolate.
3. Whisk the egg whites to soft peaks.
4. To the chocolate mixture add the cinnamon, vanilla, honey (if using) & cacao / cocoa. Gently stir along with 1 tbsp of the egg white to loosen it.
5. Gently fold in the rest of the egg whites. Try to keep as much air as possible in the mix.
6. Put 2 level teaspoons of mincemeat in the bottom of each ramekin, then cover with mousse.
7. Delicately spread a 3rd teaspoon across the top of the mousse. Chill all the puddings until ready to cook.
8. The puddings can be enjoyed chilled if you like, however if you wish to cook then heat the oven to 170 fan / 190, 10 minutes beforehand.
9. Bake for 7 minutes. until molten. Remove whilst there is still a distinct wobble (they will firm up a little more).



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HEALTH BENEFITS

Dried fruits are high in many essential vitamins, minerals, fibre & plant nutrients. However their high natural sugar content means they will raise blood sugar levels more than seeds & nuts. They are a wonderful addition to any diet, in moderation.

Cinnamon historically was used for insomnia, menstrual cramps, & nausea. It is probably best known now for stabilising blood sugar levels, great for helping to prevent Type 2 Diabetes & for weight management.

Coconut oil is high in saturated fats, but perhaps better for you than animal fats, a controversial area at the moment. Found to help with weight control by burning off fat in the body, & provides the brain with a quick source of energy. Research indicates it can help raise good cholesterol.

Dark Chocolate has a higher content of cocoa beans than milk or white chocolate. Cocoa beans are a great source of protein, healthy fat, & anti-oxidants. Also well known for its mood enhancing qualities, partly because the beans contain small amounts of caffeine. Good quality dark chocolate can be enjoyed as part of a healthy balanced diet.



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