

Chocolate Raspberry Mousse

Makes 8 servings

Ingredients

| | |
|--------------------------|----------|
| Dark Chocolate | 12 |
| ounces | |
| Egg Yolks | 3 ounces |
| Whipping Cream | 16 |
| ounces | |
| Butter, unsalted, melted | 2 ounces |
| Fresh Raspberries | 6 ounces |

Method of Preparation

1. Gather all ingredients and equipment
2. Puree the raspberries and strain thru a fine sieve to remove the seeds, set aside
3. Chop and melt the chocolate
4. Whip the cream to medium peaks and refrigerate
5. Once the chocolate is melted quickly blend in the hot, melted butter (using a piano wire whisk)
6. Blend in the egg yolks
7. Blend in the strained raspberry puree
8. Fold in whipped cream
9. Refrigerate and serve

Nutrition Facts

for Chocolate Raspberry Mousse

Serving Size: 1 serving

Amount Per Serving

| | |
|---------------------|-------|
| Calories | 152 |
| Total Fat | 13.6g |
| Saturated Fat | 7.7g |
| Cholesterol | 167mg |
| Sodium | 30mg |
| Carbohydrate | 5.4g |
| Dietary Fiber | 1g |
| Sugars | 2.1g |
| Protein | 2.7g |

Vitamin A 9% Vitamin C 5%
Calcium 4% Iron 3%