

Chocolate Mousse

Total: 5 min · Prep: 5 min · 2 servings · Easy · Desserts

Vegetarian

Gluten-Free



INGREDIENTS

2 pc Ripe banana

4 tbsp Cocoa

30 g Hazelnuts

60 ml Water or plant milk

1 g Cinnamon, nutmeg or ground dry ginger

INSTRUCTIONS

- 1 Blend the hazelnuts in a blender until smooth, gradually adding water.
- 2 Add the banana and cocoa powder to the mixture, blend well until smooth.
- 3 Pour the mousse into glasses and chill in the refrigerator.
- 4 Optionally, add spices such as cinnamon, nutmeg, or ginger for extra flavor.

Nutrition per serving: 249 kcal · Protein 7.5 g · Fat 12.2 g · Carbs 45.0 g · Fiber 9.8 g