

Chocolate Protein Mousse

Prep Time	Cook Time	Total Time
3-5 mins	0 mins	3-5 mins

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Recipe type: Breakfast, Snack, Dessert
Servings: 1



Ingredients

- 1 scoop of chocolate protein powder, preferably a plant-based protein. Whey protein doesn't turn out the same way. (I mainly use PlantFusion Cookies n' Creme)
- About ¼ cup coconut milk, canned; preferably organic & full fat version for a thicker mousse. The "Lite" version is fine, it just won't be as thick.

Instructions

1. Place a can of coconut milk in the fridge about 24 hours before using, or at least overnight so it can thicken. I usually keep a can in the fridge at all times so it's always on hand.
2. Then, to make the mousse, open the coconut milk can and give it a good stir. You'll notice a thick cream on the top and possibly a thinner cream/water consistency at the bottom. If you want a rich and thick mousse then you can even just use the top of the cream and use the watery coconut milk at the bottom for in smoothies. But I found it's best to stir it together and include the watery part at the bottom to help mix in the protein powder.
3. Put a scoop of chocolate protein powder in a small bowl & pour in about 1/4c of coconut milk. Depending which type of protein powder you use and the thickness of the milk, you may need to add a little more or less than the ¼ cup. I never measure, I just add it as I go.
4. Stir ingredients until all protein powder lumps are gone and you have a smooth, creamy consistency you like. That's it! Then Store leftover coconut milk in an airtight container in the refrigerator.
5. Other additions: Add some unsweetened almond or coconut milk (from carton) if you're running low on canned coconut milk or want to do half and half. It works great!

For a little crunch, sprinkle some unsweetened coconut flakes, a few almonds, ground flaxseeds, or even a few chocolate chips for a healthy & delicious dessert.