



# CHOCOLATE MOUSSE

*Enjoyable and Nutritious  
for the Holidays!*

***Go into the holiday season with a high protein dessert that has some “staying power” to enjoy for the New Year too!***

SERVINGS: 2

PREPPING TIME: APPROXIMATELY 30 MINS

## INGREDIENTS

1 cup cottage cheese  
(1 or 2% M.F.)  
2-3 tbsp cocoa powder  
2-3 tbsp honey or  
maple syrup  
1 tsp vanilla  
Pinch of salt

## DIRECTIONS

1. Blend the ingredients until smooth and creamy
2. Adjust sweetness or cocoa as desired
3. Chill in serving dishes for at least 30 min.

**NUTRITION FACTS:** 168 Calories, 5% Daily Value(DV) Total Fat  
10% DV Saturated Fat, 15% DV Sodium, 24 grams carbohydrates,  
3 grams fibre (11% DV), 17 grams sugar (17% DV), 13 grams protein