

CHOCOLATE MOUSSE

ENJOY THIS EASY-TO-MAKE, SLOW RELEASE, HIGH PROTEIN CHOCOLATE MOUSSE!

INGREDIENTS NEEDED:

- + DOORSEIN - TOBLE SWISS CHOC
- + 3 EGG WHITES/100MLS LIQUID EGG WHITES
- + 1 TSP COCOA

DIRECTIONS:

- + ADD 1 SERVING OF CASEIN, 1 TSP OF COCOA AND EGG WHITES INTO A BOWL.
- + MIX INGREDIENTS TOGETHER WITH A SPOON. THE MIXTURE DOESN'T BLEND SMOOTHLY SO DON'T WORRY IF IT LOOKS CLUMPY.
- + ONCE THE POWDER HAS BEEN MIXED INTO THE EGG, BLEND THE MIXTURE WITH AN ELECTRIC BEATER. BLEND UNTIL SMOOTH. THE MORE YOU BLEND, THE FLUFFIER THE MOUSSE.
- + PLACE MIXTURE IN THE FRIDGE FOR 10-15 MINUTES TO ALLOW IT TO SET. ONCE IT HAS SET, ENJOY YOUR SLOW RELEASE, HIGH PROTEIN CHOCOLATE MOUSSE!