



**CHOCOLATE MOUSSE
WITH AQUAFABA**



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Prep time



Cook time



Serves

A Recipe by OzHarvest

NEED

1/2 cup chickpea
water (aquafaba)

1/2 cup castor
sugar

100g dark
chocolate

Ever heard of aquafaba? It's a fancy word for chickpea water and can be used as a substitute for egg whites! Next time you pop open a can, save the chickpea water and give this three ingredient Chocolate Mousse recipe a shot. You won't be disappointed!

HOW

1. Combine chickpea water and sugar in a large bowl.
2. Using a hand whisk or mix master, whip for 5-10 minutes until it froths up, lightens in colour, and reaches a thick texture. It should look fluffy, airy and form peaks.
3. Heat the chocolate in a pot on the stove or in the microwave until fully melted.
4. Gently fold the melted chocolate into the mousse mixture until well combined.
5. Spoon the mixture into 4 short glasses or dessert bowls. Refrigerate for a minimum of 1 hour until the mousse sets.
6. Serve with berries/ice cream!



**SAVE FOOD.
SAVE MONEY.
SAVE THE PLANET.**