

- 1 tablespoon Chambord (raspberry liqueur)
- 1 tablespoon low-fat milk
- 3/4 teaspoon gelatin
- 3 ounces bittersweet chocolate, chopped
- 4 large eggs, separated (see Tip)
- 4 tablespoons sugar, divided
- 1/8 teaspoon salt
- 1 teaspoon vanilla extract
- Whipped cream, raspberries and/or chocolate shavings for garnish

Preparation

Active Time 20m

Total Time 2h 20m

1. Combine Chambord and milk in a small bowl, sprinkle gelatin on top and let stand to soften.
2. Place chocolate in a microwave-safe bowl and microwave on High for 1 minute. Stir well, then continue microwaving in 30-second increments on High until two-thirds of the chocolate has melted, stirring well after each burst.
3. Bring 1 inch water to a bare simmer in a medium saucepan. Combine egg yolks, 3 tablespoons sugar and salt in a metal bowl large enough to rest in the pan without touching the water. Set the bowl over the water and whisk constantly until the sugar dissolves, 1 to 2 minutes. Add the gelatin mixture and whisk until it dissolves, about 1 minute. Remove from heat; whisk in the chocolate and vanilla.
4. Beat egg whites in a clean large bowl with an electric mixer on high speed until soft peaks form. Add the remaining 1 tablespoon sugar and continue beating until the mixture holds stiff, shiny peaks.
5. Whisk one-fourth of the egg whites into the chocolate mixture until smooth. With a rubber spatula, gently fold the remaining egg whites into the chocolate mixture just until incorporated. Divide among 8 dessert dishes (about 1/2 cup each).
6. Cover and refrigerate until set, at least 2 hours. Serve garnished with whipped cream, raspberries and/or chocolate shavings, if desired.

To Make Ahead

Refrigerate for up to 2 days.

Tips

To eliminate the risk of foodborne illness when consuming barely cooked or raw eggs, try pasteurized-in-the-shell eggs—stamped with a blue “P.” They’re exposed to just enough heat to make them safe to eat raw.

Nutrition Facts

Nutrients per scant 1/2 cup (*recipe makes 8 servings*)

Calories	115
Total Fat	6g
Saturated Fat	3g
Monounsaturated Fat	1g
Cholesterol	93mg
Sodium	73mg
Carbohydrates	14g
Dietary Fiber	1g
Total Sugars	12g
Added Sugars	8g
Protein	4g
Potassium	39mg

Carbohydrate Servings¹

Diabetic Exchanges¹ 1/2 other carbohydrate, 1/2 medium-fat meat, 1/2 fat

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IMPORTANT SAFETY INFORMATION

What is the most important information I should know about ENTRESTO?

ENTRESTO can harm or cause death to your unborn baby. Talk to your doctor about other ways to treat heart failure if you plan to become pregnant. If you get pregnant while taking ENTRESTO, tell your doctor right away.

INDICATION

What is ENTRESTO?

ENTRESTO is a prescription medicine used to reduce the risk of death and hospitalization in people with certain types of long-lasting (chronic) heart failure. ENTRESTO is usually used with other heart failure therapies, in place of an angiotensin-converting enzyme (ACE) inhibitor or other angiotensin II receptor blocker (ARB) therapy.

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Who should not take ENTRESTO?

Do not take ENTRESTO if you

- are allergic to sacubitril or valsartan or any of the ingredients in ENTRESTO
- have had an allergic reaction including swelling of your face, lips, tongue, throat (angioedema) or trouble breathing while taking a type of medicine called an ACE inhibitor or ARB