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## greek yogurt chocolate mousse

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Servings  
6 servings

Prep Time  
15 minutes

Cook Time  
2 hours

Kosher Key  
Dairy

### Description

Chocolate mousse made with creamy Greek yogurt. Lower fat and calories than traditional chocolate mousse. Easy healthy dessert recipe.

### Ingredients

- 9 oz chopped dark chocolate, or 1 ¾ cups dark chocolate pieces (70% dark is best)
- 1 cup lowfat milk (not nonfat!)
- 3 tbsp sugar, or more to taste
- Pinch salt
- 2 cups whole milk Greek yogurt - the thicker, the better (I recommend Fage)
- 1 tbsp Amaretto or Grand Marnier (optional)

### Recipe Notes

You will also need: Double boiler, spatula, mixing bowl, immersion blender (optional)

Adapted from Maria Speck

### Instructions

1. Chop chocolate into small pieces with a knife or a food processor. The smaller the pieces, the more evenly the chocolate will melt.
2. In a double boiler, whisk together the milk, sugar, and salt. Heat the milk over medium heat (not high!), whisking frequently, till hot but not boiling.
3. Add the chocolate to the milk and let it sit for 1 minute in the heated milk without touching. Gently stir with a spatula till the chocolate melts into the milk. Remove from heat and continue stirring slowly till the milk and chocolate mixture is smooth and no longer grainy. If there are a few solid pieces of chocolate that refuse to melt, you can use

4. Drain off any excess liquid from Greek yogurt before measuring 2 cups into a medium mixing bowl. Use a fork to whip the yogurt till fluffy.
5. Stir the chocolate mixture again, then pour it into the yogurt, using a spatula to scrape up any remaining chocolate. Add the optional liqueur, if desired. Use spatula to fold the chocolate into the yogurt till fully incorporated, light and creamy. This will take 2-3 minutes. Continue folding till all the white has been removed from the yogurt.
6. Divide the mixture between 6 ramekins, dessert bowls or mugs. Smooth and swirl the top of each serving with a spoon. Chill for at least 2 hours, up to overnight. Serve cold.

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<b>Calories</b> 344	<b>Calories from Fat</b> 171
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	%Daily Value*
<b>Total Fat 19g</b>	<b>29%</b>
Saturated Fat 10g	<b>50%</b>
<b>Cholesterol 7mg</b>	<b>2%</b>
<b>Sodium 51mg</b>	<b>2%</b>
<b>Potassium 453mg</b>	<b>13%</b>
<b>Total Carbohydrates 30g</b>	<b>10%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 21g	
<b>Protein 11g</b>	<b>22%</b>
Vitamin A	1.1%
Calcium	15.2%
Iron	28.4%

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