

Russell Stover

# Sugar Free Chocolate Mousse

All the flavor and fun you expect from Chocolate Mousse, without the sugar.



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## INGREDIENTS

### Chocolate Mousse

6oz [Russell Stover Sugar Free Dark Chocolate Baking Chips](#)

3 eggs (divided)

1/4 cup extra virgin olive oil

3 tbsp water

pinch of salt

1/8 tsp cream of tartar

1/4 cup stevia

### Whipped Cream

1 cup of cold heavy cream

1 tbsp stevia

1 tsp vanilla extract

## INSTRUCTIONS

In double boiler or microwave, melt 6oz of [Russell Stover Sugar Free Dark Chocolate Baking Chips](#). Allow to cool for 5-8 minutes.

Once chocolate has cooled, whisk in: 3 egg yolks, 1/4 cup extra virgin olive oil, 3 tbsp water, and a pinch of salt.

In medium sized bowl, beat with electric mixer: 2 egg whites and 1/8 tsp cream of tartar until frothy. Add in 1/4 cup stevia and beat with the egg whites until soft peaks form.

Fold in 1/3 of egg whites into chocolate until incorporated; fold in remaining egg whites into the chocolate.

Divide mousse amongst 4 dessert dishes then place into the refrigerator for at least 4 hours before consuming.

**Whipped cream:** in mixer, mix 1 cup of cold heavy cream with 1 tbsp stevia, 1 tsp vanilla extract on high until firm.

Place a dollop of whipped cream on top of each mousse and enjoy! Bon Appetit!

[Purchase sugar free chips >](#)

Makes approx. 4 servings