
Easy Keto Chocolate Mousse



Low Carbe Diem
[go HOME](#)

Servings: 4

2 ozs unsalted butter

2 ozs cream cheese

3 ozs heavy whipping cream, whipped

1 tbsp cocoa powder

1 tbsp stevia, or to taste

DIRECTIONS

Soften butter and combine with sweetener, stirring until completely blended. Add cream cheese; blend until smooth.

Add cocoa powder and blend completely.

Whip heavy cream and gradually add to the mixture.

Spoon into small glasses and refrigerate for 30 minutes.

Per Serving: 227 Calories; 24g Fat (94.3% calories from fat); 4g Protein; 3g Carbohydrate; 1g Dietary Fiber.

Copyright: LowCarbeDiem.com