

Keto Chocolate Mousse

Rich, silky keto chocolate mousse made with just 3 ingredients. This low-carb dessert is incredibly easy to make and perfectly satisfies chocolate cravings.

5 min

PREP

5 min

COOK

10 min

TOTAL

8

SERVINGS

Easy

DIFFICULTY

Ingredients

- 2 cup heavy cream
- 1 cup bitter chocolate
- 1 tsp vanilla extract

Instructions

- 1 Prepare the chocolate base**

Heat 1 cup heavy cream in a small saucepan over medium-low heat until small bubbles form around the edges and the cream steams, about 3-4 minutes.
- 2** Place chopped sugar-free chocolate in a heatproof bowl. Pour the hot cream over the chocolate and let it sit for 2 minutes without stirring to allow the chocolate to soften.
- 3** Add 1 teaspoon vanilla extract to the chocolate mixture. Whisk from the center outward in small circles, gradually expanding until the mixture is completely smooth and glossy, about 1-2 minutes.
- 4** Gradually whisk in the remaining 1 cup cold heavy cream until fully incorporated and the mixture is uniform. Cover the bowl with plastic wrap and refrigerate for at least 2 hours until completely chilled.
- 5 Whip the mousse**

Beat the chilled chocolate mixture with an electric mixer on medium speed until soft peaks form that hold their shape but still look glossy, about 2-3 minutes.
- 6** Increase mixer speed to high and beat until stiff peaks form that hold their shape firmly when the beaters are lifted, about 30-60 seconds more. Be careful not to overbeat or the mousse will become grainy.

- 7 Divide the mousse evenly between 8 serving glasses or ramekins using a large spoon or piping bag. Refrigerate for at least 30 minutes before serving to allow the mousse to set completely.

Tips

Use chocolate that's at least 85% cocoa for the richest flavor and lowest carb count. Higher cocoa percentages create more intense, complex chocolate notes that develop beautifully in the mousse.

Heat the cream just until small bubbles form around the edges – overheating can cause the chocolate to seize and become grainy instead of smooth and silky.

Let the chocolate mixture cool completely before whipping to prevent the cream from breaking. The mixture should feel cool to the touch, not just room temperature.

Stop whipping immediately when stiff peaks form. Over-whipped cream will make the mousse dense and heavy instead of light and airy.

Chill serving glasses or ramekins before filling to help the mousse set faster and maintain its shape when served.

For ultra-smooth texture, strain the chocolate-cream mixture through a fine-mesh sieve before chilling to remove any lumps or unmelted chocolate pieces.

Use room temperature vanilla extract to prevent temperature shock when adding it to the warm chocolate mixture.

Cover tightly with plastic wrap pressed directly onto the surface to prevent a skin from forming during refrigeration.