

Chocolate Mousse



It takes water, energy, fuel and packaging to produce the food we all love and buy. Does it really belong in the bin? This easy to make recipe is a great way to use up leftover chocolate after Christmas, Valentine's Day, Easter or even birthdays, and turns it into a wonderful afternoon treat!

Chocolate Mousse



- 60g dark chocolate
- 60g milk chocolate
- 10 marshmallows
- 250g thick Greek or low fat yoghurt

To decorate

- a little grated chocolate

Good way of using up broken pieces of

Easter eggs

Method

1. Place the chocolate and marshmallows into a bowl over a pan of hot water and leave to melt. Alternatively microwave the chocolate for 1½-2 minutes in a medium sized bowl on full power. Add the marshmallow and microwave for another ½ minute. Whisk and leave to cool for 15 minutes.
2. Whisk in ¾ of the yoghurt.
3. Transfer the mixture into shot glasses or small espresso coffee cups. Refrigerate for 1 hour.
4. Once set, top with the remaining yoghurt and grate a little extra chocolate on top.

Top with any leftover fruit

For a dinner party add 1-2 tablespoons of Baileys or Brandy to the mix



Serves 6

