



Long Livo

# Chocolate Mousse Brownies – Creamy Decadent Dessert

**20 min**

Prep time

**8**

Servings

**25 min**

Cook time

**Medium**

Difficulty

**45 min**

Total time

**American**

Cuisine

## Ingredients

### Brownie Base

- ☐ 1/2 cup unsalted butter, melted
- ☐ 8 oz dark chocolate, chopped
- ☐ 3/4 cup granulated sugar
- ☐ 2 large eggs
- ☐ 1/2 cup all-purpose flour
- ☐ 1/4 cup cocoa powder

- ☐ 1/2 tsp sea salt

- ☐ 1 tsp vanilla extract

### Chocolate Mousse

- ☐ 1 cup heavy cream, chilled
- ☐ 4 oz dark chocolate, finely grated
- ☐ 2 tbsp powdered sugar
- ☐ 1 tsp vanilla extract

## Instructions

- 1** Preheat the oven to 350°F (175°C). Line an 8-inch square pan with parchment paper.
- 2** In a heat-proof bowl, melt the butter and dark chocolate together over simmering water, stirring gently until smooth; set aside to cool slightly.
- 3** Whisk sugar into the melted chocolate, then beat in the eggs one at a time until fully incorporated.
- 4** Sift flour, cocoa powder, and sea salt together; fold into the chocolate mixture until just combined. Pour the batter into the prepared pan and bake for 12-15 minutes, until the top is set but the center still looks slightly fudgy.
- 5** While the brownies bake, prepare the mousse: place grated chocolate in a bowl, then pour over the warm (not hot) heavy cream. Let sit for a minute, then whisk until glossy and thick.
- 6** Add powdered sugar and vanilla to the mousse, whisking just until incorporated.
- 7** Allow the brownies to cool in the pan for 10 minutes, then spread the mousse over the warm brownie layer, smoothing the top with a spatula.
- 8** Refrigerate the assembled brownies for at least 1 hour, then cut into squares and serve. For a final touch, drizzle with a little melted chocolate or dust with cocoa.

## Nutrition per serving

**420 kcal**

Calories

**6 g**

Protein

**38 g**

Carbs

**28 g**

Fat

### Tips & notes

- If you prefer a less sweet mousse, reduce the powdered sugar by half.
- For extra shine, glaze the top with a thin layer of melted chocolate just before chilling.
- Allow the brownies to cool slightly before adding the mousse; this prevents the mousse from melting.