



Long Livo

Chocolate Strawberry Mousse Cake Parfaits

20 min

Prep time

Easy

Difficulty

20 min

Total time

American

Cuisine

4

Servings

Dessert

Course

Ingredients

Mousse

- ☐ 200 g dark chocolate (70% cocoa)
- ☐ 1 cup heavy cream, cold
- ☐ 1 tsp vanilla extract
- ☐ A pinch of sea salt

Strawberry Layer

- ☐ 1 ½ cups fresh strawberries, hulled

- ☐ 2 tbsp granulated sugar

- ☐ 1 tsp lemon juice

Garnish

- ☐ Extra strawberry halves
- ☐ Chocolate shavings
- ☐ Fresh mint leaves (optional)

Instructions

- 1 Melt the dark chocolate in a double boiler, stirring until smooth; set aside to cool slightly.
- 2 Whip the cold heavy cream with vanilla and a pinch of salt until soft peaks form; gently fold in the melted chocolate until fully incorporated.
- 3 In a blender, combine strawberries, sugar, and lemon juice; pulse until smooth, then set aside.
- 4 Layer each parfait glass: start with a spoonful of strawberry puree, then a layer of chocolate mousse, repeat, ending with mousse on top.
- 5 Refrigerate the assembled parfaits for at least one hour. Before serving, garnish with a strawberry half, chocolate shavings, and a mint leaf if desired.

Nutrition per serving

340 kcal

Calories

5 g

Protein

28 g

Carbs

22 g

Fat

Tips & notes

- If the mousse seems too thick, add a splash of milk to loosen it gently.
- Strawberries can be swapped for raspberries for a different fruit note.
- Use a silicone spatula for folding to retain as much air as possible.