



Long Livo

Greek Yogurt Chocolate Mousse

15 min

Prep time

10 min

Cook time

25 min

Total time

4

Servings

Easy

Difficulty

Greek

Cuisine

Ingredients

Main Ingredients

- ☐ 1 ½ cups full-fat Greek yogurt
- ☐ 200 g dark chocolate (70% cocoa), chopped
- ☐ 3 tbsp honey or maple syrup
- ☐ 1 tsp vanilla extract

- ☐ ½ tsp lemon zest

Optional Garnish

- ☐ Whipped cream
- ☐ Chocolate shavings
- ☐ Fresh berries

Instructions

- 1 Place the chocolate in a heat-proof bowl over a pot of simmering water; melt gently, stirring until smooth.
- 2 In a separate bowl, whisk the Greek yogurt with honey, vanilla, and lemon zest until lightly fluffy.
- 3 Slowly pour the warm chocolate into the yogurt mixture, folding carefully to keep the air in.
- 4 Divide the mousse into serving glasses, top with optional whipped cream, chocolate shavings, and berries.
- 5 Chill for at least 1 hour before serving; enjoy the cool, airy texture.

Nutrition per serving

210 kcal

Calories

9 g

Protein

18 g

Carbs

12 g

Fat

Tips & notes

- If the chocolate starts to seize, add a teaspoon of warm water and stir gently.
- Taste after folding; you can add a bit more honey if you prefer sweeter mousse.
- For an extra silky mouthfeel, strain the yogurt before mixing.