



Long Livo

Layered Chocolate Mousse Brownies

25 min

Prep time

12

Servings

20 min

Cook time

Medium

Difficulty

45 min

Total time

American

Cuisine

Ingredients

For the Brownie Base

- ☐ 1/2 cup unsalted butter, melted
- ☐ 1 cup granulated sugar
- ☐ 2 large eggs
- ☐ 1 tsp vanilla extract
- ☐ 1/2 cup all-purpose flour

- ☐ 1/4 cup unsweetened cocoa powder

- ☐ 1/4 tsp salt

For the Chocolate Mousse

- ☐ 8 oz dark chocolate, chopped
- ☐ 1 cup heavy cream, chilled
- ☐ 2 tbsp powdered sugar
- ☐ 1 tsp vanilla extract

Instructions

- 1 Preheat the oven to 350°F (175°C). Grease an 8×8-inch pan and line with parchment paper.
- 2 In a bowl, whisk melted butter with sugar until glossy, then whisk in eggs one at a time, followed by vanilla.
- 3 Sift together flour, cocoa powder, and salt; fold gently into the wet mixture until just combined.
- 4 Spread the batter evenly in the pan and bake for 18-20 minutes, until the top is set but still slightly soft in the centre. Let cool completely on a wire rack.
- 5 Meanwhile, melt the dark chocolate over a bain-marie, stirring until smooth; set aside to cool slightly.
- 6 In a chilled bowl, whip the heavy cream with powdered sugar and vanilla until soft peaks form. Gently fold the melted chocolate into the whipped cream until fully incorporated.
- 7 Pour the mousse over the cooled brownie layer, smoothing the top with a spatula. Chill the assembled dessert for at least 2 hours, or until firm.
- 8 Before serving, dust with a light sift of cocoa powder. Cut into squares and enjoy the layered bliss.

Nutrition per serving

250 kcal

Calories

4 g

Protein

28 g

Carbs

15 g

Fat

Tips & notes

- Be careful not to over-mix the brownie batter; it can become cakey.
- Make sure the chocolate is not too hot before folding into the whipped cream, or it will deflate the mousse.
- For an extra shine, brush the top of the mousse with a thin layer of melted chocolate before chilling.