



Long Livo

Mango Mousse Cake

Delicate mango mousse layered over a tender sponge, perfect for any festive gathering.

20 min

Prep time

8

Servings

15 min

Cook time

Easy

Difficulty

35 min

Total time

American

Cuisine

Ingredients

Sponge Base

- ☐ 1 cup all-purpose flour
- ☐ 1/2 cup sugar
- ☐ 2 large eggs
- ☐ 1/4 cup melted butter
- ☐ 1 tsp baking powder
- ☐ Pinch of salt

Mango Mousse

- ☐ 2 cups ripe mango purée (about 3 large mangoes)
- ☐ 8 oz cream cheese, softened

- ☐ 1/2 cup powdered sugar
- ☐ 1 cup heavy whipping cream
- ☐ 1 tsp lemon juice
- ☐ 1 tsp unflavored gelatin
- ☐ 2 tbsp warm water

Optional Garnish

- ☐ Fresh mango slices
- ☐ Toasted coconut flakes
- ☐ Mint leaves

Instructions

- 1 Preheat the oven to 350°F (175°C). Grease a 9-inch springform pan and set aside.
- 2 In a bowl, whisk flour, sugar, baking powder, and salt. In another bowl, beat eggs, then fold in melted butter; combine with dry ingredients and pour into the pan. Bake 12-15 minutes until golden; let cool completely.
- 3 While the cake cools, blend mango purée with lemon juice and powdered sugar until smooth.
- 4 Soften gelatin in warm water, then stir into the mango mixture; let sit a minute to activate.
- 5 In a chilled bowl, whip heavy cream to soft peaks; gently fold the whipped cream into the mango-gelatin blend, then fold in softened cream cheese until fully incorporated.
- 6 Spread the mango mousse evenly over the cooled sponge, smoothing the top with a spatula.
- 7 Refrigerate the assembled cake for at least 2 hours, or until set.
- 8 Before serving, garnish with mango ribbons, coconut flakes, and a sprig of mint for color.

Nutrition per serving

280 kcal

Calories

5 g

Protein

32 g

Carbs

14 g

Fat

Tips & notes

- If the mousse appears too runny, chill it a bit longer before pouring.
- Make sure the gelatin is fully dissolved to avoid grainy spots.
- Taste the mango purée before adding sugar; adjust sweetness accordingly.