



# Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

## Chocolate Mousse

1.5g NET Carbs (Low Carb Keto)

Delicious Creamy Texture with lots of sweet chocolate flavor. Very easy and simple Recipe. Great for get together and a around snack or after dinner dessert.



**4 Servings – 1 Serving = Calories: 160 / Fat: 15  
Carbohydrates: 3 / Fiber: 1.5 / Protein: 1**

### INGREDIENTS

2 Oz. Cream Cheese  
½ Cup Heavy Whipping Cream  
¼ Cup Confectioners Swerve

2 ½ Tbsp Unsweetened Cocoa Powder  
1 Tsp Pure Vanilla Extract  
Pinch Of Salt

### Instructions:

1. Add cream cheese (room temperature) and start mixing with a hand mixer.
2. Once cream cheese is broken down add heavy whipping cream and mix until it starts to thicken.
3. Add Vanilla Extract, Sweetener, Unsweetened Cocoa Powder and Salt.
4. Mix all ingredients until all blended into one and as the same consistency as Chocolate Mousse.
5. Serve with a few berries on top. Enjoy!