

---

# Chocolate Mousse IV

*Kathy Simmons*

*Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)*

**1 teaspoon unflavored gelatin**

**1 tablespoon cold water**

**2 tablespoons boiling water**

**1/2 cup sugar**

**1/4 cup cocoa**

**1 teaspoon vanilla**

**1 cup heavy cream (very cold)**

In a small bowl, sprinkle the gelatin over cold water. Stir and let stand. Add boiling water. Stir until the gelatine is clear.

In a small cold mixer bowl, stir together the sugar and cocoa. Add the heavy cream and vanilla. Beat at a medium speed until stiff peaks form.

Pour the gelatine mix into the cream mixture. Heat until well blended.

Pour into individual dishes.

Chill about 30 minutes.

Yield: 4 1/2 cup servings

## **Dessert**

---

*Per Serving (excluding unknown items): 468 Calories; 3g Fat (5.2% calories from fat); 5g Protein; 117g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 19mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Fat; 7 Other Carbohydrates.*