

## Dessert

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# Milk Chocolate Mango Mousse

Alison Ladman - For The Associated Press  
Palm Beach Post

**Servings: 4**

**Preparation Time: 30 minutes**

*For a restaurant-worthy dish, spoon the mousse into parfait glasses and top with fresh berries.*

**1 cup frozen mango chunks, thawed**

**2 tablespoons sugar**

**1/2 cup whole milk**

**1 whole egg**

**1 egg yolk**

**1 1/2 tablespoons cornstarch**

**2/3 cup milk chocolate bits**

**1 cup heavy cream**

Fill a medium bowl with ice.

In a blender, combine the mango chunks, sugar, milk, whole egg, yolk and cornstarch. Puree until completely smooth.

Pour the mixture into a small saucepan over medium heat. Whisking constantly, heat the mixture until it thickens and comes to a boil.

Remove from the heat and add the milk chocolate bits. Stir until the chocolate is melted and thoroughly incorporated.

Place the saucepan in the bowl of ice. Ensure that none of the ice gets into the saucepan. Whisk the mixture until completely cooled and smooth.

Place the cream in a large bowl. Use an electric mixer to beat it until medium peaks form, about 3 to 5 minutes.

Add half of the beaten cream to the milk chocolate mixture and fold together to incorporate.

Add the remaining cream and fold again to incorporate.

Transfer the mousse to four individual serving dishes and refrigerate.

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Per Serving (excluding unknown items): 291 Calories; 25g Fat (77.5% calories from fat); 4g Protein; 12g Carbohydrate; trace Dietary Fiber; 186mg Cholesterol; 53mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Non-Fat Milk; 5 Fat; 1/2 Other Carbohydrates.