

Three-Ingredient Chocolate Mousse

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Servings: 8

8 ounces bittersweet chocolate (70% cacao or higher), chopped
30 regular-size marshmallows
2 cups heavy cream
chocolate shavings (for serving)

In a large bowl, combine the chocolate, marshmallows and one-half cup of heavy cream. Microwave on HIGH for 2 minutes. Stir until the marshmallows are melted and the mixture is smooth (if not melted after 2 minutes, microwave in 15 second intervals, stirring in between). Let cool to room temperature, about 45 minutes.

Once the mixture is cool, whip the remaining cream in a bowl until soft peaks form. Transfer one-half cup to a small bowl for the topping. Refrigerate.

Stir half of the remaining whipped cream into the cooled chocolate mixture until fully incorporated; then gently fold in the remainder.

Spoon into eight four-ounce ramekins. Refrigerate until set, at least two hours and up to overnight.

To serve: top with the reserved whipped cream. Sprinkle with shaved chocolate, if desired.

Per Serving (excluding unknown items): 205 Calories; 22g Fat (94.5% calories from fat); 1g Protein; 2g Carbohydrate; 0g Dietary Fiber; 82mg Cholesterol; 22mg Sodium. Exchanges: 0 Non-Fat Milk; 4 1/2 Fat.