



DIABETIC CHOCOLATE MOUSSE



QimiQ BENEFITS

- Quick and simple preparation
- Full creamy taste with less fat and cholesterol
- Longer shelf life without loss of quality



15



easy

INGREDIENTS FOR 4 PORTIONS

250 g QimiQ Whip, chilled

250 g Sour cream 10 % fat

1 tsp Rum (optional)

Sweetener, as required (optional)

125 g Diabetic chocolate, melted

METHOD

1. Lightly whip the cold QimiQ Whip until completely smooth, ensuring that the entire mixture is incorporated (especially from bottom and sides of bowl).
2. Add the sour cream, rum and sweetener and continue to whip until the required volume has been achieved.
3. Fold in the melted chocolate, fill into molds and allow to chill well.