

Chocolate Mousse with Raspberry Sauce

Adapted from Mrs. Fields' I Love Chocolate Cookbook

Higher phe version:

¼ cup non-dairy creamer
40gm Nestle's semisweet chocolate chips
110 gm Cool Whip
½ tsp. vanilla extract

Heat creamer in small saucepan over medium heat. When hot, remove from heat, and add chocolate chips. Cover, and let sit for 5 minutes until chips are melted. Stir until smooth and pour into a bowl. Let cool slightly and then add about 1/3 of the Cool Whip and the vanilla extract to lighten it. Fold in the remaining Cool Whip. Spoon into serving dishes, refrigerate, and enjoy topped with Cool Whip and raspberry sauce (recipe below)!

Total phe per recipe: 176

Total yield: 190gm

Phe per gram: .92

Lower phe version:

2 cups Rich's Whip Topping (liquid)
6 oz. (168 gm) chocolate almond bark (grated)
1 tsp. vanilla extract

In a small saucepan over low heat, bring 1/2 cup of the Whip Topping to a simmer. Remove from the heat, stir in the bark, and cover. Set aside for 5 minutes and then stir until smooth. Transfer this chocolate cream to a large bowl.

Beat the remaining 1-1/2 cups Whip Topping with vanilla until soft peaks form. Fold 1/3 of the whipped cream into the chocolate mixture to lighten it. Gently fold in the remaining whipped cream.

Total phe per recipe: 240

Total yield: 512gm

Phe per gram: .47

Raspberry Sauce

12 oz pkg unsweetened frozen raspberries
¼ cup sugar
1 tbsp. orange juice

Drain the berries in fine-mesh sieve set over a bowl; press gently on the berries with a spoon to remove as much juice as possible. Transfer the juice to a small saucepan and simmer until reduced to about 1/3 cup (5-10 minutes). Return the reduced juice to the bowl and stir in the sugar and orange juice. Serve over the mousse.