

Zucchini Bread Recipes

Greek Yogurt Chocolate Mousse

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**Mediterranean** Cuisine	**Dessert** Course

Ingredients

Mousse Base

- [ ] 1 cup plain Greek yogurt
- [ ] 200 g dark chocolate (70% cacao), chopped
- [ ] 2 tbsp honey or maple syrup
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest
- [ ] Pinch of sea salt

Optional Garnish

- [ ] Fresh berries
- [ ] Cocoa powder
- [ ] Mint leaves

Instructions

1. Place the chopped chocolate in a heat-proof bowl over a pot of simmering water; melt gently, stirring until smooth.



2. In a separate bowl, whisk the Greek yogurt with honey, vanilla, lemon zest, and sea salt until fully combined.



3. Gradually pour the melted chocolate into the yogurt mixture, folding with a spatula until a uniform, glossy mousse forms.



4. Divide the mousse into serving glasses, chill for at least 30 minutes, then top with fresh berries, a dusting of cocoa, or a mint leaf.



Nutrition per serving

210 kcal	12 g	18 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mousse feels too thick, stir in a tablespoon of milk or almond milk.
- For added texture, sprinkle a few chopped nuts before serving.
- You can double the recipe for a larger gathering; just keep the chilling time the same.