



Low Carb Crunchy Berry Mousse Recipe

Prep time: 5 mins

Cooking time: 3 hours

Ingredients:

- 475ml light thickened cream
- 75g fresh raspberries or fresh strawberries or fresh blueberries
- 50g chopped pecans
- ½ lemon, the zest
- ¼ tsp vanilla extract

Method:

1. Pour the cream into a bowl and whip with a hand mixer until soft peaks form. Add the lemon zest and vanilla towards the end.
2. Add berries and nuts to the whipped cream and stir thoroughly.
3. Cover and let sit in the refrigerator for 3 or more hours for a firm mousse. You can also enjoy the dessert immediately if you don't mind a less firm consistency.



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