

Foodnity Recipes

Easy Fresh Strawberry Mousse

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Main Ingredients

- [ ] 2 cups fresh strawberries, hulled
- [ ] 1 cup heavy whipping cream, chilled
- [ ] 2 tbsp powdered sugar
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon juice

Optional Garnish

- [ ] Extra strawberry slices
- [ ] Mint leaves

Instructions

1. Blend the strawberries with lemon juice until smooth; set aside to chill.
2. In a cold bowl, whip the cream until soft peaks form, then add powdered sugar and vanilla, continuing to whip until stiff peaks.
3. Gently fold the strawberry purée into the whipped cream, using a spatula, until just combined.
4. Spoon the mousse into serving glasses, smooth the tops, and refrigerate for at least 30 minutes.
5. Before serving, garnish with extra strawberry slices and a mint leaf; enjoy the airy softness.

Nutrition per serving

210 kcal	3 g	22 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mousse looks slightly runny, chill a bit longer; it will firm up.
- Taste the strawberry purée before adding sugar; adjust to your preferred sweetness.
- For a deeper vanilla flavor, let the vanilla extract sit in the whipped cream for a few minutes before folding.