

Foodnity Recipes

Easy Lemon Mousse

Bright, airy lemon mousse that’s quick to make and perfect for any occasion.

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

Ingredients

Main Ingredients

- [ ] 3 large lemons (zest and juice)
- [ ] 1 cup heavy cream, cold
- [ ] 1/3 cup powdered sugar
- [ ] 1 tsp gelatin (optional)
- [ ] 1 tsp vanilla extract

Optional Garnish

- [ ] extra lemon zest
- [ ] fresh berries
- [ ] mint leaves

Instructions

1. Zest the lemons, then juice them; set zest aside for garnish.
2. If using gelatin, sprinkle it over 2 tbsp cold water and let bloom for 5 minutes.
3. Whisk the lemon juice with powdered sugar until dissolved; gently warm the mixture and stir in gelatin until fully melted, then let cool to room temperature.
4. In a chilled bowl, whip the heavy cream with vanilla until soft peaks form.
5. Fold the lemon-sugar mixture into the whipped cream using a rubber spatula, moving in gentle circles to keep the mousse airy.
6. Spoon the mousse into serving glasses, sprinkle with reserved zest, and chill for at least 1 hour before serving.

Nutrition per serving

210 kcal	3 g	18 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- Taste the lemon mixture before folding; add a touch more sugar if the citrus feels too sharp.
- For a firmer texture, increase gelatin to 1 ½ tsp, but don’t over-set.
- A dash of orange blossom water adds a subtle floral note if you’re feeling adventurous.