

Foodnity Recipes

Layered Strawberry Yogurt Mousse Cups

15 min Prep time	**15 min** Total time	**6** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Mousse Base

- [ ] 2 cups plain Greek yogurt
- [ ] 2 tbsp honey or maple syrup
- [ ] 1 tsp vanilla extract
- [ ] 1 tbsp fresh lemon juice

Strawberry Layer

- [ ] 2 cups fresh strawberries, hulled
- [ ] 1 tbsp honey
- [ ] 1 tsp lemon zest (optional)

Garnish

- [ ] Whole strawberries for topping
- [ ] A drizzle of honey
- [ ] A pinch of freeze-dried strawberry powder

Instructions

1. Blend half of the strawberries with 1 tbsp honey and a squeeze of lemon until smooth; strain if you prefer a seed-free puree.
2. In a bowl, whisk Greek yogurt with honey, vanilla, and lemon juice until just combined; fold in the strawberry puree gently to create a marbled swirl.
3. Place a spoonful of the yogurt-strawberry mousse into each cup, then add a layer of sliced fresh strawberries.
4. Repeat the layers until cups are filled, finishing with a whole strawberry on top.
5. Refrigerate for at least 30 minutes; before serving, drizzle a little honey and sprinkle a pinch of strawberry powder.

Nutrition per serving

180 kcal	10 g	26 g	4 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mousse looks too runny, add a tablespoon of Greek yogurt thickener or let it chill longer.
- For extra aroma, add a hint of orange zest to the strawberry puree.
- You can prepare the puree a day ahead; store it in an airtight jar.