

Foodnity Recipes

Light Raspberry Mousse

Fluffy raspberry mousse that's light, refreshing, and easy to make.

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

Ingredients

Mousse Base

- [ ] 2 cups fresh raspberries
- [ ] 1/4 cup powdered sugar
- [ ] 1 tsp lemon zest
- [ ] 1 tsp vanilla extract
- [ ] 1 cup heavy whipping cream, chilled

Optional Setting

- [ ] 1 tsp gelatin powder
- [ ] 2 tbsp cold water

Instructions

1. Wash the raspberries, pat them dry, and puree in a food processor until smooth.
2. Strain the puree through a fine mesh to remove seeds, then stir in powdered sugar, lemon zest, and vanilla.
3. If using gelatin, sprinkle it over cold water, let bloom 5 minutes, then warm gently until dissolved and stir into the raspberry mixture.
4. In a chilled bowl, whip the heavy cream until stiff peaks form; this should take 3-4 minutes.
5. Gently fold the whipped cream into the raspberry puree, using a spatula and a light hand to keep the air in.
6. Divide the mousse into serving glasses, smooth the tops, and refrigerate for at least 2 hours.
7. Before serving, garnish each glass with a fresh raspberry and a mint leaf.

Nutrition per serving

180 kcal	2 g	22 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- Use the freshest raspberries you can find for brightest flavor.
- Chill the mixing bowl and whisk for better volume.
- If the mousse feels too runny, add a pinch more gelatin next time.