

Foodnity Recipes

Mango Mousse Cake: Light & Fluffy Dessert

20 min Prep time	**20 min** Total time	**6** Servings
Easy Difficulty	**International** Cuisine	

Ingredients

Mousse

- [ ] 2 cups ripe mango purée (about 3 large mangoes)
- [ ] 1 cup heavy cream, chilled
- [ ] 1/4 cup powdered sugar
- [ ] 1 tsp lemon juice
- [ ] 1 tsp vanilla extract

Crumb Base

- [ ] 1 1/2 cups graham cracker crumbs
- [ ] 3 tbsp melted butter
- [ ] 2 tbsp brown sugar

Garnish

- [ ] Thin mango slices
- [ ] Fresh mint leaves
- [ ] A dusting of powdered sugar

Instructions

1. Preheat the oven to 350°F (175°C). Mix graham cracker crumbs, melted butter, and brown sugar; press into the bottom of a 9-inch springform pan and bake for 8 minutes until lightly golden. Let cool.
2. While the base cools, whisk heavy cream with powdered sugar until soft peaks form. Set aside.
3. In a separate bowl, combine mango purée, lemon juice, and vanilla. Gently fold the mango mixture into the whipped cream, preserving as much air as possible.
4. Pour the mousse over the cooled crumb base, smoothing the top. Refrigerate for at least 2 hours, or until set.
5. Before serving, arrange thin mango slices on top, add a few mint leaves, and lightly dust with powdered sugar.

Nutrition per serving

280 kcal	4 g	32 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mousse seems too loose, chill the bowl and whisk for a few extra minutes.
- For extra fragrance, add a pinch of orange zest to the mango purée.
- Serve directly from the refrigerator; the cake softens quickly at room temperature.