

Foodnity Recipes

Mango Mousse Cake Recipe

20 min Prep time	**15 min** Cook time	**35 min** Total time
8 Servings	**Easy** Difficulty	**International** Cuisine

Ingredients

Mousse

- [ ] 2 cups ripe mango purée (about 3 large mangoes)
- [ ] 8 oz cream cheese, softened
- [ ] 1/2 cup powdered sugar
- [ ] 1 tsp vanilla extract
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp gelatin powder
- [ ] 2 tbsp cold water

Crumb Base

- [ ] 1 cup all-purpose flour
- [ ] 1/4 cup granulated sugar
- [ ] 1/4 cup melted butter
- [ ] Pinch of salt

Instructions

1. Preheat the oven to 350°F (175°C). In a bowl, combine flour, sugar, melted butter, and salt; press the mixture into the bottom of a 6-inch springform pan and bake for 12 minutes until lightly golden. Let cool.
2. While the base cools, blend the mango flesh into a smooth purée. Sprinkle gelatin over cold water, let it bloom for 5 minutes, then gently warm to dissolve.
3. In a separate bowl, beat the softened cream cheese with powdered sugar until light and fluffy; add vanilla, lemon juice, and the mango purée, mixing gently.
4. Stir the dissolved gelatin into the mango-cream mixture, ensuring it's fully incorporated but without over-mixing, to keep the mousse airy.
5. Pour the mousse over the cooled crumb base, smooth the top, then refrigerate for at least 4 hours or until set. Before serving, garnish with fresh mango slices and a light dusting of toasted coconut.

Nutrition per serving

280 kcal	5 g	32 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- Make sure the cream cheese is at room temperature; cold cheese will create lumps.
- If the mousse seems too runny, chill it a bit longer before adding the gelatin.
- Garnish just before serving to keep the coconut crunchy.