

Foodnity Recipes

Peanut Butter Mousse with Chocolate Ganache

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

Ingredients

Mousse Base

- [ ] 1 cup natural peanut butter
- [ ] 1/2 cup powdered sugar
- [ ] 1 tsp vanilla extract
- [ ] 1 cup heavy cream, chilled
- [ ] Pinch of sea salt

Chocolate Ganache

- [ ] 8 oz dark chocolate (70% cacao), chopped
- [ ] 1/2 cup heavy cream
- [ ] 1 tbsp unsalted butter
- [ ] Pinch of sea salt

Instructions

1. In a bowl, whisk together peanut butter, powdered sugar, vanilla, and a pinch of sea salt until smooth.
2. In a separate chilled bowl, beat the heavy cream until soft peaks form; gently fold the whipped cream into the peanut mixture, keeping it airy.
3. Divide the mousse into serving glasses and chill for at least 30 minutes.
4. Meanwhile, heat the cream for the ganache until just simmering, pour over the chopped chocolate, let sit 1 minute, then whisk until glossy; stir in butter and a pinch of salt.
5. Once the mousse has set, drizzle the warm ganache over each serving, allowing it to cascade down the sides.
6. Refrigerate for another 15 minutes, then garnish with toasted peanuts or a light dusting of cocoa powder before serving.

Nutrition per serving

420 kcal	10 g	28 g	30 g
Calories	Protein	Carbs	Fat

Tips & notes

- The mousse will firm up more if chilled longer; adjust time to taste texture.
- For a richer ganache, substitute half the cream with milk.
- A tiny splash of espresso powder in the ganache deepens chocolate flavor.