

Foodnity Recipes

Strawberry Mousse - Light, Fluffy, Delicious

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

Ingredients

Main Ingredients

- [ ] 1 ½ cups fresh strawberries, hulled
- [ ] 1 cup heavy whipping cream, chilled
- [ ] 2 tbsp honey
- [ ] 1 tsp lemon juice
- [ ] ½ tsp vanilla extract
- [ ] ½ tsp powdered gelatin (optional)

Instructions

1. Blend the strawberries until smooth, then strain to remove seeds if you prefer a silky texture.
2. In a chilled bowl, whisk the cream with honey, lemon juice, and vanilla until soft peaks form.
3. If using gelatin, dissolve it in a tablespoon of warm water, let it cool slightly, then fold into the whipped cream.
4. Gently fold the strawberry puree into the whipped cream, being careful not to deflate the mixture.
5. Spoon the mousse into serving glasses, chill for 20 minutes, and finish with a drizzle of honey and a sprinkle of lemon zest.

Nutrition per serving

210 kcal	3 g	18 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mousse seems too loose, add a bit more gelatin or chill longer.
- Taste the strawberry puree before adding; adjust honey if the berries are very sweet.