

Foodnity Recipes

Strawberry Mousse – Only 4 Ingredients

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**French-Inspired** Cuisine	

Ingredients

Main Ingredients

- [ ] 2 cups fresh strawberries, hulled and pureed
- [ ] 1 cup heavy cream, chilled
- [ ] 2 tbsp granulated sugar
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon juice

Optional Garnish

- [ ] Fresh mint leaves
- [ ] Thin strawberry slices

Instructions

1. Puree the strawberries in a blender, then stir in sugar, lemon juice, and vanilla. fresh mousse
2. In a chilled metal bowl, whip the heavy cream until soft peaks form. Be gentle; the cream should stay light.
3. Fold the strawberry purée into the whipped cream using a rubber spatula, turning slowly to keep the air.
4. Divide the mousse into serving glasses, chill for at least 10 minutes, and garnish with mint or strawberry slices. fluffy mousse

Nutrition per serving

210 kcal	2 g	22 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mousse seems too soft, chill the mixture a few extra minutes before serving.
- Taste the strawberry purée before adding sugar; adjust sweetness to your preference.
- A tiny pinch of sea salt can enhance the fruit's flavor without making it salty.