

Foodnity Recipes

Strawberry Mousse Recipe – Light, Whipped Delight

15 min Prep time	**5 min** Cook time	**20 min** Total time
4 Servings	**Easy** Difficulty	**French-American** Cuisine

Ingredients

Mousse Base

- [ ] 2 cups fresh strawberries, hulled and pureed
- [ ] 1 cup plain Greek yogurt
- [ ] 2 tbsp honey
- [ ] 1 tsp lemon zest
- [ ] ½ tsp vanilla extract
- [ ] 1 tsp powdered gelatin
- [ ] 2 tbsp cold water

Instructions

1. In a small bowl, sprinkle gelatin over cold water and let it bloom for 5 minutes.
2. Blend strawberries until smooth, then strain if you prefer a silky texture.
3. In a larger bowl, whisk together yogurt, honey, lemon zest, and vanilla until creamy.
4. Warm the gelatin mixture gently until dissolved, then fold it into the strawberry-yogurt blend.
5. Using a handheld whisk, whip the mixture for 2-3 minutes until light and airy.
6. Divide the mousse into serving glasses, chill for at least 2 hours, and garnish with a fresh strawberry slice.

Nutrition per serving

180 kcal	8 g	30 g	4 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mousse seems too liquid before chilling, whisk a little longer to incorporate air.
- For extra fragrance, add a drop of rose water to the puree.
- Do not over-heat gelatin; it loses its setting power above a gentle simmer.