



Keto Strawberry Mousse

★★★★★

This keto strawberry mousse is so light, airy, and fluffy, you won't believe it is low carb! Made with just 3 ingredients, it's the perfect no bake dessert that is sure to impress!

Course Dessert
Cuisine American

Prep Time 5 minutes

Cook Time 1 minute

Total Time 6 minutes

Servings 6 servings

Calories 148kcal

Author Arman

Ingredients

- 1 1/2 cups strawberries sliced and hulled
- 1/2 cup granulated sweetener of choice I used allulose, but monk fruit sweetener or erythritol can be used
- 1 cup heavy cream or heavy whipping cream

Instructions

1. In a high speed blender or food processor, combine the sliced strawberries with the granulated sweetener until smooth.
2. In a mixing bowl, add the heavy cream and beat very well, until stiff peaks form. Gently fold through the pureed strawberry mixture until combined.
3. Distribute the strawberry mousse mixture amongst 6 small glasses or ramekins. Refrigerate for at least 2 hours, to firm up.

Notes

TO STORE: Strawberry mousse should be stored in the refrigerator, covered.

TO FREEZE: Place the mousse in a sealable container (or individual containers) and store them in the freezer for up to 6 months.

Nutrition

Serving: 1 serving | Calories: 148kcal | Carbohydrates: 4g | Protein: 1g | Fat: 15g | Sodium: 15mg | Potassium: 85mg | Fiber: 1g | Vitamin A: 587IU | Vitamin C: 21mg | Calcium: 32mg | Iron: 1mg | NET CARBS: 3g