



Almost-Instant Chocolate Mousse

NIBBLEDISH CONTRIBUTOR

Ingredients

1 & 1/2 Cup Cold 2% Milk (*substitute Fat-Free Milk for lower calories*)
2 Oz (1 Square) Semi-Sweet Chocolate
1/2 Package Fat-Free Instant Pudding Mix
1/4 Cup Whipped Cream

Instructions

1. In a bowl, add 1 cup of milk and semi-sweet chocolate and microwave for 3 minutes or until the chocolate is melted. Remove from microwave and stir mixture to mix chocolate and milk together.
2. In a separate bowl, combine 1/2 cup milk and instant pudding. Mix well. Add to the first mixture of semi-sweet chocolate and milk and fold together. The mixture will be slightly thick so stirring/whisking will take some effort. Make sure it is mixed very well and all the ingredients are combined together with no lumps. Once combined fold in whipped cream and mix together.
3. Place in desired serving cups and refrigerate for 1 hour until mixture is thick and cold
4. Remove from fridge immediately before serving. Top with more whipped cream, raspberry, strawberry, or mint if desired.

To get desired look in cup, place mixture in bag, place whole/cut the tip, and funnel the mixture in the cups (like icing). Because this mousse is so thick, if you spoon in the cups you won't get the desired look since it will stick to the spoon.

Serves 6.