

Chocolate Protein Mousse



Enjoy a protein-packed chocolate mousse, perfect as a post-workout snack to recharge your energy. This decadent recipe, crafted with a nutritionist's expertise, blends rich chocolate flavor with wholesome ingredients like cottage cheese. Pair it with fresh berries for a cozy dessert.

Check out more delicious recipes in our [Top 10 Healthy Desserts by a Registered Dietitian!](#)

Preparation 5 min
Cooking 0 min
Servings 4
Nutrition Facts (per serving)
Calories 220
Fat 5
Carbohydrates 27
Fibre 4
Protein 24
Sodium 480

Ingredients

- 1 container of 500 g of cottage cheese (1-2% m.f.)
- 125 ml (½ cup) cocoa powder
- 45 ml (3 tbsp) maple syrup

- 5 ml (1 tsp) vanilla extract
- 1 pinch of salt

Preparation

1. Place all ingredients in a food processor.
2. Blend until smooth and homogeneous.
3. Portion into bowls or airtight containers and top with your favorite ingredients before serving. This snack can very well be used as breakfast by adding some fruit and granola for example.

Notes

Can be kept for 3 to 5 days in the refrigerator.

If you don't have protein powder, you can use milk powder or simply omit it and add a little more maple syrup at the end to taste.



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