

Light Strawberry Mousse



Looking for a fresh, light, and quick dessert that everyone will love? Here it is! This dessert, lower in sugar than traditional recipes, will refresh you and satisfy your sweet tooth with just 5 minutes of preparation. Don't forget to lick the beaters... Bon appétit!

Preparation 5 min
Cooking 0 min
Servings 6
Nutrition Facts (per serving)
Calories 50
Fat 0
Carbohydrates 10
Fibre 0
Protein 1
Sodium 0

Ingredients

- 500 ml (2 cups) strawberries (see Note)
- 2 egg whites
- 60 ml (¼ cup) granulated sugar

berries.

Preparation

1. A few minutes before starting the recipe, chill the bowl in the freezer for a firmer mousse.
2. In a large bowl, beat the strawberries and egg whites together.
3. Gradually add the sugar and beat until stiff peaks form.
4. Divide the mixture into 6 bowls and enjoy!

Notes

The mousse is best enjoyed the same day. It can be stored for 3 days in an airtight container in the refrigerator and is not suitable for freezing.



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