



## Ingredients



# Chocolate Mousse

Adapted from *the Bistro Restaurant*



- 1 cup chocolate chips or your favorite chocolate
- 1 cup heavy cream
- 1 egg-at room temperature
- 1 Tbsp. instant espresso
- 1 Tbsp. warm water or bourbon



## Directions



Yield: 4 servings

Serving size: 4 oz.

Total cost: \$3.36

Serving cost: \$0.84

1. Cook the chocolate in a double boiler and set it aside and let it cool.
2. Whip the heavy cream until it forms stiff peaks.
3. Combine the espresso with warm water.
4. Whisk the egg in a bowl and add the espresso and warm water.
5. Whisk the egg and espresso mixture into the melted chocolate.
6. Fold the egg, espresso and chocolate gently into the stiffened whipped cream.
7. Put the mousse in serving cups and top with more whipped cream

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



## Ingredients



# Chocolate Mousse

Adapted from *the Bistro Restaurant*



- 1 cup chocolate chips or your favorite chocolate
- 1 cup heavy cream
- 1 egg-at room temperature
- 1 Tbsp. instant espresso
- 1 Tbsp. warm water or bourbon



## Directions



Yield: 4 servings

Serving size: 4 oz.

Total cost: \$3.36

Serving cost: \$0.84

1. Cook the chocolate in a double boiler and set it aside and let it cool.
2. Whip the heavy cream until it forms stiff peaks
3. Combine the espresso with warm water
4. Whisk the egg in a bowl and add the espresso and warm water.
5. Whisk the egg and espresso mixture into the melted chocolate.
6. Fold the egg, espresso and chocolate gently into the stiffened whipped cream.
7. Put the mousse in serving cups and top with more whipped cream

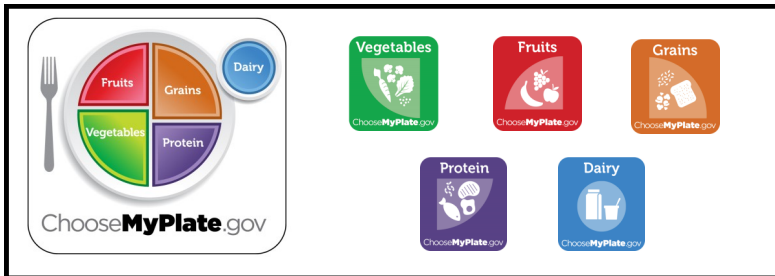
Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



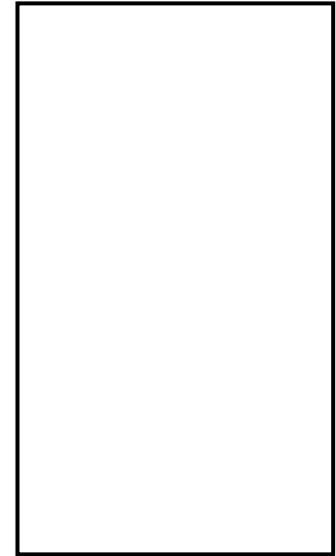
# Fast Facts



## Featured Food Groups



## Cooking Tips



Second Harvest is an equal opportunity provider.