



# Peanut butter mousse

5'  
Hands on

20"  
Hands off

4  
Portion(s)

1  
Difficulty



## Method

- Add the ingredients into a food processor and beat until there is a smooth and creamy mixture.
- Refrigerate the mixture for 15-20 minutes, until it is firm and has the consistency of a mousse.
- Remove from the refrigerator and divide the mousse among glasses.
- Serve with dairy-free whipped cream and finely chopped peanuts.

## Ingredients

- 800 g light cream cheese
- 150 g [homemade peanut butter](#), soft
- 50 g agave syrup
- 60 g cocoa powder
- 1 tablespoon(s) [vanilla extract](#)

To serve

- 100 g [whipped cream](#), dairy-free
- 20 g peanuts, finely chopped

## Διατροφικός πίνακας

Nutrition information per portion

552 Calories (kcal)	32.0 Total Fat (g)	13.0 Saturated Fat (g)	25.0 Total Carbs (g)
28%	46%	65%	10%
20.0 Sugars (g)	37.0 Protein (g)	8.4 Fibre (g)	2.3 Sodium (g)
22%	74%	34%	38%