



Yogurt Mousse with Nuts and Fruit

10'

Hands on

30 minutes'

Hands off

4

Portion(s)

1

Difficulty



Ingredients

- 400 g Greek strained yogurt 10%, chilled
- 400 g heavy cream 35%, chilled
- 1 teaspoon vanilla extract
- 80 g your choice of nuts
- 320 g your choice of fruit

Διατροφικός πίνακας

Nutrition information per portion

428 Calories (kcal)	34.0 Total Fat (g)	15.0 Saturated Fat (g)	15.0 Total Carbs (g)
21%	49%	75%	6%
15.0 Sugars (g)	13.0 Protein (g)	4.3 Fibre (g)	0.28 Sodium (g)
17%	26%	17%	5%

Method

- In a mixer, add the yogurt, heavy cream and vanilla extract (make sure that both the yogurt and heavy cream are chilled).
- Beat for 5-7 minutes on high speed with the whisk attachment, until light and fluffy.
- Transfer to a bowl, cover with plastic wrap and refrigerate for 30 minutes to chill (you can serve it immediately but it is better if it is set aside for a bit).
- Divide between individual serving bowls and serve with nuts and fruit.