



# Yogurt mousse with nuts and fruit

10'  
Hands on

30"  
Hands off

4  
Portion(s)

1  
Difficulty



## Ingredients

- 400 g strained yogurt, chilled
- 400 g heavy cream 35%, chilled
- 1 teaspoon(s) [vanilla extract](#)
- 80 g nuts
- 320 g fruits, of your choice

## 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 chilled yogurt, chilled heavy cream and vanilla extract.
- 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 sprinkle with nuts and fruit.
- Serve.