

1 hour

Serves 4-6

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Free-from eggs and gluten

Ingredients:

- 2 cans (400g each) coconut cream, refrigerated until chilled
- 200g dark chocolate (we used 70%), chopped
- Pinch cream of tartar
- Pinch fine salt
- ½ cup (125ml) canned chickpea liquid (canning liquid drained from 1 can of chickpeas)
- ½ cup (100g) castor or coconut sugar
- Raspberries and mint, for serving

Chickpea liquid, also known as aquafaba is a great replacement for egg whites. 1 can (400g) of chickpeas yields ½ cup of liquid.

Method:

1. Scoop thickened cream off the surface of the can – chilling it in the fridge separates the cream and watery liquid in two parts.
2. Whip to medium soft peaks using an electric whisk. Cover and set aside.
3. Melt chocolate over a double boiler until smooth. Remove from heat and set aside to cool. Combine chickpea liquid, cream of tartar and salt in a large bowl.
4. Whisk to medium stiff peaks.
5. Add sugar of choice a tablespoon at a time.
6. Once all the sugar has been added and is dissolved in mixture, the meringue should be

glossy instead of foamy.

7. Fold a third of the meringue into chocolate and whisk until combined.
8. Fold chocolate mixture into remaining meringue until well combined.
9. Fold through coconut cream. (Make sure to combine mixtures evenly, take care not to knock all the air out of your mousse.)
10. Divide mixture into single-serving moulds.
11. Chill in the fridge for 30 minutes to set, keeping refrigerated until serving.
12. Serve topped with raspberries and mint.