GLOBAL · DESSERT

# No-Bake Chocolate and Raspberry Mousse Cake

50 min · plus about 5 hours setting · Makes 8 × 1 slice (1/8 cake) · 299 kcal a portion

Video 6:55 · ketoserts

Gluten-free ingredients

Unsweetened baker's chocolate, fresh raspberries, cream and an almond crust sweetened with erythritol: about 4.5 g net carbs a slice and no added sugar.

**Diet notes:** Keto (4.6 g net carbs a serve).

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## Ingredients

14 · MAKES 8 × 1 SLICE (1/8 CAKE)

- [ ] 75 g **blanched almond flour**, for the crust
- [ ] 3 tbsp (35 g) **powdered erythritol**, for the crust
- [ ] 3 tbsp (43 g) **salted butter**, melted, for the crust
- [ ] 100 ml **heavy whipping cream**, for the chocolate mousse
- [ ] 2 **gelatine sheets** (or 1 tsp / 4 g gelatine powder), for the chocolate mousse
- [ ] 100 g **unsweetened baker's chocolate**, chopped
- [ ] 100 ml **unsweetened almond milk**, hot
- [ ] 120 g **powdered erythritol**, for the chocolate mousse
- [ ] 200 g **fresh raspberries**
- [ ] 4 tbsp (45 g) **granulated erythritol**, for the raspberry purée
- [ ] 1 tsp **lemon juice**
- [ ] 150 ml **heavy whipping cream**, for the raspberry mousse
- [ ] 3 **gelatine sheets** (or 1 1/2 tsp / 6 g gelatine powder), for the raspberry mousse
- [ ] 1 **gelatine sheet** (or 1/2 tsp / 2 g gelatine powder), for the glaze

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

**Allergens found in the listed ingredients:** Milk, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method

TIMES = THE MOMENT IN THE VIDEO

1. Toast the almond flour in a dry pan over low heat until golden. Mix with the 35 g powdered erythritol and melted butter, press into a 15 cm loose-bottomed pan lined with a cake collar, and freeze about 20 minutes. 0:23
2. Whip the 100 ml cream to soft peaks and refrigerate. Soak 2 gelatine sheets in cold water for 10 minutes. 1:19
3. Pour the hot almond milk over the chopped chocolate, add the 120 g powdered erythritol and stir until smooth. Squeeze out the gelatine, microwave it 10 seconds to melt, and stir it in. 1:51
4. Stir in 2 tbsp of the whipped cream, then fold in the rest. Spread over the crust and refrigerate 1 hour. 2:37
5. Whip the 150 ml cream to soft peaks and chill; soak 3 gelatine sheets. Simmer the raspberries, 45 g erythritol and lemon juice over low heat about 5 minutes, purée, then press through a sieve. 3:19
6. Mix half the purée into the whipped cream. Squeeze out and melt the gelatine (10 seconds in the microwave), stir it in, spread over the chocolate layer and refrigerate until set. 4:40
7. Soak the last gelatine sheet, melt it the same way, stir it into the remaining purée and pour over as a glaze. Refrigerate at least 3 hours before slicing. 5:18

> **Tip** Gelatine powder works in place of the sheets: 1 tsp (4 g), 1 1/2 tsp (6 g) and 1/2 tsp (2 g). The raspberry seeds you sieve out are counted here, so the real carbs are a little lower.

The method is a summary in our words — the video shows every step.

## One portion, 1 slice (1/8 cake), gives you

1 OF 8 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 299 kcal | 6.1 g | 9.5 g | 4.9 g | 27 g | 60 mg |
| 1,250 kJ | 12% of a day | 4.6 g net · 2.5 g sugars | 18% of a day | 14 g saturated | 3% of a day |
| | | 3% of a day | | 35% of a day | |

**Energy from** net carbs 6% · protein 9% · fat 85% — fits keto: 4.6 g net carbs, 85% of the energy from fat

**High in** (20%+ of a day) Vitamin E 23%

**Source of** (10–19%) Magnesium 18% · Vitamin A 18% · Iron 15% · Zinc 15%

**Recipe and video:** ketoserts (@ketoserts) on YouTube — youtube.com/watch?v=zKc3YqkKW9U, published 30 March 2020. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/chocolate-raspberry-mousse-cake-no-bake