AMERICAN · DESSERT

Keto Mascarpone Mousse with Fresh Berries

10 min · Makes 12 × 1 small glass · 161 kcal a portion · Video 7:35 · Low Carb Yum

Vegetarian · Gluten-free ingredients · No nuts listed

Mascarpone and cream sweetened with stevia and topped with fresh berries: under 4 g net carbs and no added sugar in each small glass.

Diet notes: Keto (3.6 g net carbs a serve).

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Ingredients

5 · MAKES 12 × 1 SMALL GLASS

- [ ] 8 oz **mascarpone cheese**
- [ ] 1 cup **heavy whipping cream**
- [ ] ¾ tsp **vanilla stevia** drops
- [ ] ½ pint (about 1 cup) **strawberries**, diced
- [ ] ½ pint (about 1 cup) **blueberries**

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

Allergens found in the listed ingredients: Milk. 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. Put the mascarpone, heavy cream and vanilla stevia drops in a large bowl and beat with a hand mixer until thick and creamy — stop before it turns grainy. 1:26
2. Dice the strawberries and drop a spoonful into the bottom of each small glass or dish. 3:41
3. Spoon the mousse into a piping bag (or a zip-lock bag with the corner snipped) and pipe it over the strawberries in layers. 4:42
4. Finish each glass with a few blueberries. Serve straight away or cover and chill until needed. 5:44

> **Tip** No mascarpone? The cook suggests 8 oz cream cheese with a little extra cream. Covered, the mousse keeps in the fridge for about a week. Larger cups make about 4 serves.

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

One portion (1 small glass) gives you

1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
161 kcal	1.5 g	4.1 g	0.5 g	16 g	20 mg
670 kJ	3% of a day	3.6 g net · 3.3 g sugars	2% of a day	10 g saturated	1% of a day
		2% of a day		20% of a day	

Energy from net carbs 9% · protein 4% · fat 87% — fits keto: 3.6 g net carbs, 87% of the energy from fat

Source of (10–19%) Vitamin A 17% · Vitamin C 10%

Recipe and video: Low Carb Yum (@LowCarbYumPage) on YouTube — youtube.com/watch?v=ZrRT5-bOYMU, published 27 June 2018. 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 and the Norwegian Food Composition Table (Matvaretabellen); % 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/keto-mascarpone-mousse-berries