AMERICAN · DESSERT

Keto Peanut Butter Mousse with Chocolate Drizzle

15 min · Makes 4 × 1 parfait cup (½ cup) · 449 kcal a portion

Video 4:12 · Joe Duff - The Diet Chef

Vegetarian · Gluten-free ingredients

Scan for the video, full nutrition and more free recipes

Peanut butter, cream cheese and cream sweetened with erythritol and topped with sugar-free chocolate: about 7 g net carbs a cup and no added sugar.

Diet notes: Keto (7.2 g net carbs a serve).

Ingredients 10 · MAKES 4 × 1 PARFAIT CUP (½ CUP)

- [ ] 120 ml **heavy whipping cream**, for whipping
- [ ] 168 g **full-fat cream cheese**, cubed
- [ ] heaping 96 g **natural no-sugar-added peanut butter**
- [ ] 50 g **confectioners Swerve**
- [ ] a pinch of **salt**
- [ ] ½ tsp **pure vanilla extract**
- [ ] 2 tbsp **heavy whipping cream**, to loosen
- [ ] ½ tsp (3 g) **ghee or butter**, for the drizzle
- [ ] heaping 1 tbsp (14 g) **keto chocolate chips** (Lily's)
- [ ] **crushed peanuts**, to top (optional)

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

Allergens found in the listed ingredients: Milk, Peanut. 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. Beat 120 ml heavy cream with a hand mixer until stiff peaks form, then set it aside. 0:30
2. In a larger bowl, beat the cubed cream cheese, peanut butter, confectioners Swerve, a pinch of salt and the vanilla until combined. 0:56
3. Beat in 2 tbsp cream to loosen the mixture, then add the whipped cream and beat until smooth and mousse-like. 2:01
4. Divide the mousse between 4 parfait cups (about 120 ml each). 2:36
5. Microwave the ghee and keto chocolate chips for about 30 seconds, stir into a sauce and drizzle over each cup. Top with a few crushed peanuts and chill until serving. 3:08

> **Tip** Any no-sugar-added nut butter works instead of peanut butter, as the cook suggests. It keeps in the fridge for several days.

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

One portion, 1 parfait cup (½ cup), gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
449 kcal	**10** g	**10** g	**2.9** g	**43** g	**270** mg
1,880 kJ	21% of a day	7.2 g net · 4.8 g sugars	11% of a day	20 g saturated	12% of a day
		4% of a day		55% of a day	

Energy from net carbs 6% · protein 9% · fat 85% — fits keto: 7.2 g net carbs, 85% of the energy from fat

High in (20%+ of a day) Vitamin A 32% · Vitamin E 21%

Source of (10–19%) Omega-3 15% · Magnesium 12% · Selenium 11% · Zinc 10%

Recipe and video: Joe Duff - The Diet Chef (@TheDietChef) on YouTube — youtube.com/watch?v=IHY2WdKqEKQ, published 31 January 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/keto-peanut-butter-mousse