GLOBAL · DESSERT

Sugar-Free Strawberry Cream Cheese Mousse

20 min · plus 2–3 hours chilling Makes 4 × 1 glass (½ cup) 205 kcal a portion

Video 5:55 · TPH Desserts

Gluten-free ingredients No nuts listed

Cream cheese and real strawberries set with gelatin and sweetened with erythritol: about 5 g net carbs a glass and no added sugar.

Diet notes: Keto (5.5 g net carbs a serve).

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Ingredients 7 · MAKES 4 × 1 GLASS (½ CUP)

- [ ] 1 cup **strawberries**, fresh or frozen and thawed
- [ ] 1 cup **cream cheese**
- [ ] 2 tbsp (1 oz) **powdered erythritol**
- [ ] 2 tsp **powdered gelatin**
- [ ] 1 tbsp **cold water**, for the gelatin
- [ ] ½ tsp **vanilla extract** (optional)
- [ ] **fresh strawberries**, to garnish (optional)

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. Blend the strawberries into a smooth purée and press it through a sieve to remove the seeds if you like. For a firmer mousse, simmer the purée until reduced by about half, then cool it. 0:10
2. Blend or beat the cream cheese with the powdered erythritol until smooth and fluffy — the cook uses her blender, but an electric mixer gives the lightest result. 1:15
3. Sprinkle the gelatin over 1 tbsp cold water, leave it a few minutes, then microwave for 15–20 seconds until melted. 1:39
4. Add the vanilla, strawberry purée and melted gelatin to the cream cheese and whisk until evenly pink and smooth. 2:05
5. Spoon or pipe into 4 small glasses (let it set a little in the bowl first if you want to pipe it) and chill for 2–3 hours, or overnight. 3:10
6. Top each glass with fresh strawberries before serving. 4:25

> **Tip** For a dairy-free version the cook suggests vegan cream cheese or thick coconut cream instead of cream cheese.

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

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

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
205 kcal	5.2 g	6.6 g	1.1 g	18 g	170 mg
860 kJ	10% of a day	5.5 g net · 4.6 g sugars	4% of a day	10 g saturated	8% of a day
		2% of a day		23% of a day	

Energy from net carbs 11% · protein 10% · fat 79% — fits keto: 5.5 g net carbs, 79% of the energy from fat

High in (20%+ of a day) Vitamin C 38%

Source of (10–19%) Vitamin A 18% · Omega-3 12% · Selenium 10%

Recipe and video: TPH Desserts (@TPHDesserts) on YouTube — youtube.com/watch?v=q_2GJdIEaS0, published 24 July 2019. 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-strawberry-cream-cheese-mousse