

Earl Grey Chocolate Mousse



Makes:

4 servings, 4 ounces (113g) each

Utensil:

Blender
Saladmaster Food Processor
small mixing bowl
Whistling Tea Kettle

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Recipe:

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Recipe Description:

Easy yet elegant, this recipe has the rich taste of a culinary undertaking of a much more time-consuming affair. This is a wonderful recipe to have on hand because not only is it simple to make, with subtle changes you can create entirely different tastes.

1/2 cup
water
(120
mL)
1 Earl Grey tea bag
2 teaspoons
orange zest, shredded, use Cone #1
(4
g)
4 teaspoons
sugar
(17
g)
1 tablespoon
ground flax seed
(7
g)
3 tablespoons
hot water
(45
mL)
6 ounces
bittersweet or semisweet chocolate, chopped (or in chips)
(170
g)
2 teaspoons
vanilla
(10
mL)
whipped cream or Greek yogurt, if desired

Directions:

1. Place water in tea kettle and bring to a boil over medium heat. Pour ½ cup into small mixing bowl and add tea bag, orange zest and sugar. Stir to blend, cover and allow to steep approximately 5 minutes.
2. Place flax seed and water into another small mixing bowl, stir to blend, and let stand for approximately 1 minute.
3. Place chocolate and vanilla in blender. Strain steeped tea into blender – do not allow zest into blender. When chocolate begins to melt, approximately 30 seconds, cover and blend at high-speed for approximately 30 seconds.
4. Add flax seed mixture to blender, cover and blend again for approximately 1 minute.
5. Place into 4 servings bowls, cover and refrigerate until set, approximately 3 - 4 hours. Can be made up to 2 days in advance.
6. Prior to serving top with dollop of whipped cream or yogurt, orange zest and shaved chocolate, if desired.

Tips:

- The yogurt or whipped cream topping can be given an extra zing: add a pinch of orange zest or a splash of orange juice; add a little lemon zest or chopped fresh mint sprinkled on top. Or add a splash of your favorite flavored extract.
- Try replacing the Earl Grey tea with 1 tablespoon (3g) of instant coffee for a different taste.

Nutritional Information per▼ Serving

Calories: 263
Total Fat: 15g
Saturated Fat: 8g
Cholesterol: 106mg
Sodium: 40mg
Total 32g
Carbs:
Dietary Fiber: 3g
Sugar: 5g
Protein: 5g