

Prep Time: 15 minutes active | Chill Time: 4 hours 30 minutes | Total Time: 4 hours 45 minutes

Yield: 6 servings | Intensity: Easy (no-bake, one-bowl method)

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Ingredients

- 1 (15-ounce) can coconut cream, chilled overnight (or at least 4 hours)
- 4 tablespoons unsweetened cocoa powder or cacao powder
- 3 tablespoons monk fruit granules (adjust to taste)

- ½ teaspoon vanilla extract
- 1 pinch coarse salt

Optional garnishes: slivered almonds, cacao nibs, or a light dusting of cocoa

Instructions

Step 1: Chill the Coconut Cream (Passive: 4+ hours)

Place the can of coconut cream in the refrigerator overnight, or for a minimum of 4 hours. This step is non-negotiable: the cream must separate and firm up so it can be whipped into soft peaks. Do not skip or shortcut this phase.

Step 2: Separate the Cream (2 minutes)

Open the chilled can. Scoop the thick, solid cream and any thick liquid into a medium mixing bowl. Discard the watery liquid at the bottom of the can—it will prevent the mousse from achieving the proper texture.

Step 3: Whip the Cream (5 minutes, high intensity)

Using a hand mixer on high speed, beat the coconut cream for a full 5 minutes, or until it becomes smooth and forms soft peaks. The cream should hold its shape when the beaters are lifted but still yield slightly. This aeration is what creates the mousse-like structure without eggs or gelatin.

Step 4: Add Flavorings (1 minute)

Add the cocoa powder, monk fruit granules, vanilla extract, and salt directly to the whipped cream.

Step 5: Blend Until Smooth (2-3 minutes, medium-high intensity)

Beat again on medium-high until everything is fully incorporated, scraping down the sides of the bowl as needed. Taste and adjust sweetness if desired—monk fruit potency varies by brand, so start with the listed amount and add more in ½-teaspoon increments.

Step 6: Portion (2 minutes)

Spoon the mousse into 6 small ramekins or jars. A piping bag or a zip-top bag with the corner snipped off yields a cleaner presentation, but a spoon works perfectly well for a rustic look.

Step 7: Chill to Set (30 minutes, passive)

Cover and refrigerate for at least 30 minutes before serving. This brief rest allows the mousse to firm up and the flavors to meld.

Step 8: Serve

Serve as is, or top with optional nuts and cacao nibs for crunch. The mousse is best enjoyed the same day but holds well in the refrigerator for up to 3 days in an airtight container.

Nutrition Information (Per Serving)

Based on 6 servings, calculated using standard ingredient values. Estimated by Edamam.

	Nutrient	Amount
Calories		245 kcal
Total Fat		25.1 g
Saturated Fat		22.1 g
Trans Fat		0.0 g
Cholesterol		0 mg
Sodium		23.5 mg
Total Carbohydrates		7.4 g
Dietary Fiber		3.0 g
Total Sugars		0.1 g
Protein		3.3 g