YOGHURT COCOA MOUSSE

This delicious mousse will easily become a family favourite...so remember to make enough to share! Please note, this recipe is not suitable for kids under 12 months.

Preparation time
5-10 mins

Servings
1 serving

Equipment
Saucepan

Mixing bowl

Ingredients
Handful of fresh strawberries

1 banana (fresh or frozen)

2-3 tbsp natural or Greek yoghurt

150 ml of milk

2-3 tbsp natural or Greek yoghurt

150 ml of milk

Instructions

1. Pour the milk and cocoa powder into a saucepan and gently heat until the cocoa combines with the milk. Be careful not to let the liquid boil.

2. Once the cocoa and milk have fully combined, add the honey and vanilla extract and mix well.

3. Set aside the milk to cool.

4. Spoon the Greek yoghurt into a large bowl and pour the cocoa mixture on top. Mix well before transferring to individual bowls or glasses.

5. Chill in the fridge for at least 2 hours and serve with berries.

Tips

Dairy alternatives/lactose free option can be used to replace the milk and yoghurt.

If you don't have any milk, or you'd like to make the recipe even simpler just mix the cocoa powder, yoghurt, honey or maple syrup and vanilla extract in a bowl and leave to chill.

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