

### **Low Carb, No Sugar Chocolate Mousse**

Prep Time: 5 minutes

Cook Time: 2 minutes

1/2 cup heavy or whipping cream

Stevia to taste (Approx. 1 tsp, or 2 packets or 1/2 tsp liquid stevia)

1 Tbs. unsweetened cocoa powder

Put all ingredients together (in order) into a blender. Blend well, refrigerate and eat. You can also whip this recipe together with a hand mixer or stand mixer.

For a special presentation, spoon mousse into a wine glass and top with a small squirt of canned real whipped cream (or home whipped whipped cream)