

This Protein-Packed Mocha Mousse Satisfies Cravings Without the Guilt

High-Protein Mocha Cheesecake Mousse



TIME
30 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

$\frac{1}{2}$ cup cottage cheese
 $\frac{1}{2}$ cup Greek yogurt (plain, unsweetened)
2 tablespoons unsweetened cocoa powder
 $\frac{1}{2}$ teaspoon instant espresso powder
1 scoop chocolate or vanilla protein powder
2 tablespoons maple syrup (or stevia to taste)
 $\frac{1}{2}$ teaspoon vanilla extract
Optional Toppings:
Dark chocolate shavings
Cocoa powder dusting
Crushed espresso beans

DIRECTIONS

- 1. Blend It Up:** In a blender or food processor, combine cottage cheese, Greek yogurt, cocoa powder, espresso powder, protein powder, maple syrup (or stevia), and vanilla extract.
- 2. Get It Silky:** Blend until completely smooth and creamy, scraping down the sides once or twice to ensure even mixing. Blend again briefly for an ultra-smooth texture.
- 3. Set & Chill:** Transfer to serving cups or small ramekins. Chill in the refrigerator for at least 30 minutes to allow the mousse to set and the flavors to meld.
- 4. Top & Serve:** Just before serving, top with dark chocolate shavings, a dusting of cocoa powder, and crushed espresso beans for that extra cafØ-style finish.

TIPS FOR SUCCESS

Use full-fat cottage cheese and Greek yogurt for the creamiest result.
Adjust sweetness based on your preference and type of protein powder.
For a stronger coffee kick, increase espresso powder to 1 tsp.
Make ahead and chill for up to 3 days -perfect for meal prep or snacking.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/this-protein-packed-mocha-mousse-satisfies-cravings-without-the-guilt/>