

Chocolate Espresso Protein Mousse - A Creamy High-Protein Dessert

Chocolate Espresso Protein Mousse



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5 min

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INGREDIENTS

- 1 cup cottage cheese (240 g)
- $\frac{1}{2}$ cup Greek yogurt (120 g)
- 2 tbsp maple syrup or honey (30 ml)
- $\frac{1}{8}$ tsp vanilla extract
- $\frac{1}{8}$ tsp instant espresso powder
- 2 tbsp cocoa powder (15 g)
- Dusting of cocoa powder
- Crushed ladyfingers (optional)

Directions:

1 Blend It:

2 Chill It:

3 Top It:

Tips for Success:

Use a high-powered blender for the creamiest texture-no graininess allowed.

Sweetness: Taste and adjust with extra honey or syrup depending on your cocoa and espresso strength.

Add-ins: A tablespoon of peanut butter, protein powder, or even dark chocolate chips can take this mousse next-level.

Chill well for a firmer, more indulgent texture.

Serving Suggestions:

- ? Monster Cookie Energy Balls
- ? Brownie Batter Dip
- ? Peanut Butter Brownies

? Chocolate Chip Cookie Bites

? Grasshopper Pie

Storage Tips:

Fridge: Store in an airtight container for up to 3 days.

Meal prep: Portion into jars or containers for a ready-to-go snack or post-workout treat.

Freezer: Freeze for a frozen mousse texture-like high-protein ice cream!

More Recipes You'll Love:

Brownie Batter Dip

No-Bake Monster Cookie Energy Balls

Chocolate Chip Cookie Bites

Peanut Butter Brownies

Grasshopper Pie

Final Thoughts:

DIRECTIONS

1. **Blend It:** In a blender or food processor, combine the cottage cheese, Greek yogurt, maple syrup, vanilla, espresso powder, and cocoa powder. Blend until completely smooth and mousse-like.
2. **Chill It:** Transfer the mousse to serving cups or ramekins. Chill in the fridge for at least 15 minutes to let the flavors develop and the texture firm up.
3. **Top It:** Right before serving, dust with cocoa powder and sprinkle crushed ladyfingers for texture (optional but delightful!).
4. **Tips for Success:** Use a high-powered blender for the creamiest texture-no graininess allowed.
5. **Sweetness:** Taste and adjust with extra honey or syrup depending on your cocoa and espresso strength.
6. **Add-ins:** A tablespoon of peanut butter, protein powder, or even dark chocolate chips can take this mousse next-level.
7. **Chill well** for a firmer, more indulgent texture.
8. **Serving Suggestions:** Enjoy this mousse on its own or serve it with:
9. ? Monster Cookie Energy Balls
10. ? Brownie Batter Dip
11. ? Peanut Butter Brownies
12. ? Chocolate Chip Cookie Bites
13. ? Grasshopper Pie
14. **Storage Tips:** Fridge: Store in an airtight container for up to 3 days.
15. **Meal prep:** Portion into jars or containers for a ready-to-go snack or post-workout treat.

16. Freezer: Freeze for a frozen mousse texture-like high-protein ice cream!
17. More Recipes You'll Love: Brownie Batter Dip
18. No-Bake : Monster Cookie Energy Balls
19. Chocolate : Chip Cookie Bites
20. Peanut : Butter Brownies
21. Grasshopper : Pie
22. Final Thoughts: This Chocolate Espresso Protein Mousse proves that healthy and indulgent don't have to be opposites. Whether you're meal-prepping snacks or capping off a dinner party, this mousse delivers rich flavor and creamy texture in every spoonful.
23. Tried it? Let us know how you made it your own. Follow ChefManiac for more protein-rich and flavor-forward recipes that fit your lifestyle.

TIPS FOR SUCCESS

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Add-ins : A tablespoon of peanut butter, protein powder, or even dark chocolate chips can take this mousse next-level.

Chill well for a firmer, more indulgent texture.

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

Original recipe: <https://chefmaniac.com/chocolate-espresso-protein-mousse-a-creamy-high-protein-dessert/>