

Choco Fever Dream

Chocolate Strawberry Mousse Cake Parfaits

20 min Prep time	**20 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Mousse

- [ ] 200 g dark chocolate (70% cocoa)
- [ ] 1 cup heavy cream, cold
- [ ] 1 tsp vanilla extract
- [ ] A pinch of sea salt

Strawberry Layer

- [ ] 1 ½ cups fresh strawberries, hulled
- [ ] 2 tbsp granulated sugar
- [ ] 1 tsp lemon juice

Garnish

- [ ] Extra strawberry halves
- [ ] Chocolate shavings
- [ ] Fresh mint leaves (optional)

Instructions

1. Melt the dark chocolate in a double boiler, stirring until smooth; set aside to cool slightly.
2. Whip the cold heavy cream with vanilla and a pinch of salt until soft peaks form; gently fold in the melted chocolate until fully incorporated.
3. In a blender, combine strawberries, sugar, and lemon juice; pulse until smooth, then set aside.
4. Layer each parfait glass: start with a spoonful of strawberry puree, then a layer of chocolate mousse, repeat, ending with mousse on top.
5. Refrigerate the assembled parfaits for at least one hour. Before serving, garnish with a strawberry half, chocolate shavings, and a mint leaf if desired.

Nutrition per serving

340 kcal	5 g	28 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mousse seems too thick, add a splash of milk to loosen it gently.
- Strawberries can be swapped for raspberries for a different fruit note.
- Use a silicone spatula for folding to retain as much air as possible.