

Choco Fever Dream

Cottage Cheese Lemon Mousse Recipe

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Mousse Base

- [ ] 2 cups cottage cheese, well-drained
- [ ] 1/3 cup fresh lemon juice
- [ ] 2 tbsp honey or maple syrup
- [ ] 1 tsp vanilla extract
- [ ] Zest of 1 lemon
- [ ] Pinch of sea salt

Instructions

1. In a high-speed blender, combine the drained cottage cheese, lemon juice, honey, vanilla, lemon zest, and salt.
2. Blend on medium-high until the mixture is completely smooth and airy, about 45 seconds. Stop and scrape sides as needed.
3. Taste and adjust sweetness or acidity; add a little more honey or lemon juice if desired.
4. Transfer the mousse into serving glasses, smooth the tops, and chill for at least 30 minutes before serving.
5. Just before serving, garnish with a light sprinkle of lemon zest and a drizzle of honey, or enjoy plain for a clean finish.

Nutrition per serving

180 kcal	12 g	22 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mousse seems a bit thick, stir in a tablespoon of cold water or milk to reach desired consistency.
- For extra brightness, add a few drops of orange blossom water.
- Serve with fresh berries for added color and sweetness.