

Choco Fever Dream

Greek Yogurt Chocolate Mousse

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Greek** Cuisine

Ingredients

Main Ingredients

- [ ] 1 ½ cups full-fat Greek yogurt
- [ ] 200 g dark chocolate (70% cocoa), chopped
- [ ] 3 tbsp honey or maple syrup
- [ ] 1 tsp vanilla extract
- [ ] ½ tsp lemon zest

Optional Garnish

- [ ] Whipped cream
- [ ] Chocolate shavings
- [ ] Fresh berries

Instructions

1. Place the chocolate in a heat-proof bowl over a pot of simmering water; melt gently, stirring until smooth.
2. In a separate bowl, whisk the Greek yogurt with honey, vanilla, and lemon zest until lightly fluffy.
3. Slowly pour the warm chocolate into the yogurt mixture, folding carefully to keep the air in.
4. Divide the mousse into serving glasses, top with optional whipped cream, chocolate shavings, and berries.
5. Chill for at least 1 hour before serving; enjoy the cool, airy texture.

Nutrition per serving

210 kcal	9 g	18 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the chocolate starts to seize, add a teaspoon of warm water and stir gently.
- Taste after folding; you can add a bit more honey if you prefer sweeter mousse.
- For an extra silky mouthfeel, strain the yogurt before mixing.