



SIMPLE 3-INGREDIENT CHOCOLATE MOUSSE (EGG-FREE)

This ultra-simple chocolate mousse uses just heavy cream, cocoa powder, and powdered sugar to create a rich, airy dessert that comes together in minutes—no eggs, no cooking, and no gelatin required.

INGREDIENTS

1½ cups

Heavy whipping cream *(well chilled)*

¼ cup

Unsweetened cocoa powder *(sifted; use up to ⅓ cup for a darker, more intense chocolate flavor)*

½ cup

Powdered sugar (confectioners' sugar) *(use as little as ¼ cup for a less sweet, more bittersweet mousse)*

¼ teaspoon

Vanilla or almond extract (optional) *(adds flavor depth)*

1 small pinch

Fine sea salt (optional) *(enhances chocolate flavor)*

METHOD

1

Chill your equipment. Place a medium mixing bowl and the beaters (or whisk attachment) of your electric mixer in the refrigerator or freezer for 5–10 minutes until cold.

A cold bowl helps the cream whip faster and reach stiffer peaks.

2

Measure the cream. Pour the 1½ cups of well-chilled heavy whipping cream into the chilled mixing bowl.

Make sure the cream is straight from the fridge—warm cream will not whip properly.

3

Whip to a light froth. Using an electric hand mixer or a stand mixer on medium speed, whip the cream until it becomes frothy and slightly thickened but not yet forming peaks.

This usually takes about 30–60 seconds, depending on your mixer.

4

Add the dry ingredients. Sprinkle the sifted cocoa powder and powdered sugar evenly over the whipped cream. If using, add a small pinch of fine sea salt.

Stir the cocoa and sugar in by hand with a spatula or whisk for a few strokes first to avoid a cloud of cocoa powder when you turn the mixer back on.

5

Whip to soft peaks. Resume whipping on medium speed until the mixture is smooth, slightly thickened, and forms soft peaks that gently fold over when the beater is lifted.

Stop and scrape down the sides of the bowl once or twice to ensure no dry pockets of cocoa or sugar remain.

6

Flavor and finish. Add the vanilla or almond extract, if using, and continue whipping just until stiff peaks form—the mousse should be thick, smooth, and hold its shape on the spoon.

Do not overwhip; if the mixture starts looking grainy or curdled, you've gone too far toward butter. Stop as soon as peaks stand up firmly.

7

Serve or chill. Spoon the chocolate mousse into serving bowls, glasses, or ramekins. Serve immediately for a soft, cloud-like texture, or refrigerate for 30–60 minutes to chill and firm up slightly before serving.

For a cleaner presentation, transfer the mousse to a piping bag and pipe it into glasses or cups.

PROFESSIONAL TIPS

Chill your bowl and beaters for best results; cold equipment plus cold cream equals faster whipping and better volume.

Start with $\frac{1}{4}$ cup powdered sugar and taste; you can whip in a tablespoon or two more if you prefer a sweeter mousse.

Sift the cocoa powder before adding so it incorporates smoothly without dark specks or lumps.

Use heavy whipping cream (at least 36% fat); lighter creams such as half-and-half will not whip properly.

Stop whipping as soon as stiff peaks form to avoid a grainy texture from overwhipping.

For make-ahead, whip slightly softer than stiff peaks; the mousse will firm up a bit more as it chills in the fridge.

Serve in small portions—this mousse is rich. Garnish with shaved chocolate, fresh berries, or a dollop of unsweetened whipped cream to balance the sweetness.

RECIPE VARIATIONS

Dark chocolate lovers: Use the full $\frac{1}{2}$ cup cocoa powder and reduce powdered sugar to $\frac{1}{4}$ cup for a richer, more bittersweet mousse.

Mocha mousse: Dissolve 1–2 teaspoons instant espresso powder in 1 teaspoon hot water, cool slightly, then beat it in with the extract.

Orange-chocolate mousse: Add $\frac{1}{2}$ teaspoon finely grated orange zest and a few drops of orange extract in place of vanilla.

Nutty twist: Use almond extract instead of vanilla and top with toasted sliced almonds or chopped hazelnuts.

Mint chocolate mousse: Add $\frac{1}{8}$ – $\frac{1}{4}$ teaspoon peppermint extract (it's strong—start small) and garnish with crushed chocolate mints.

Frosting or filling: Use the mousse immediately as a fluffy frosting for cakes or cupcakes, or as a filling for layer cakes and cream puffs. Chill briefly if you need it a bit firmer for piping.

Lighter version: Replace up to $\frac{1}{4}$ cup of the heavy cream with cold whole milk Greek yogurt, folding it in gently after whipping the sweetened chocolate cream to soft peaks (texture will be slightly less airy).

RECIPE INFO

Servings

Serves 4

Prep

5–10 minutes

Cook

0 minutes (no cooking required)

Total

5–10 minutes

NUTRITION FACTS

CALORIES
~425 kcal
TOTAL FAT
~38 g
SATURATED FAT
~24 g
TRANS FAT
0 g
CHOLESTEROL
~135 mg
SODIUM
~50 mg
TOTAL CARBOHYDRATES
~19 g
DIETARY FIBER
~3 g
TOTAL SUGARS
~17 g
ADDED SUGARS
~15 g
PROTEIN
~4 g
CALCIUM
~100 mg
IRON
~2 mg