

Graveyard Mousse Pots



Creep it real this Halloween with these eerie-sistible Graveyard Mousse Pots.

Serves: 4

Difficulty: Easy

Prep Time: 15 minutes | Chill Time: 2 hours

Ingredients:

For the mousse:

35g [Nesquik Chocolate Milkshake Mix](#)

1 tbsp cocoa powder

1 tsp vanilla extract

50ml boiling water

50g 0% fat Greek yogurt

2 egg whites

1 tbsp golden caster sugar

To decorate:

2 chocolate cookie biscuits, crumbled

5 rectangular rich tea, broken in half

1 edible food colouring pen or tube of black icing

You will also need:

4 small jars / ramekins

Method:

1. Add the Nesquik, cocoa powder and vanilla extract to a medium sized mixing bowl and add the boiling water. Mix until you have a smooth paste with no lumps. You may need to add a little more boiling water to reach the desired consistency - you don't want the paste to be too thick.

2. Add the yoghurt to the chocolate mix and gently fold through until completely combined. Pop in the fridge for later.

3. Add the egg whites to another bowl – make sure this one is clean and dry – and using an electric whisk, beat the whites until they reach soft peaks. Add in the sugar and whisk again until soft and glossy.
4. Fold about one-third of the egg whites into the chocolate mix using a large metal spoon, then very gently fold in the rest of the whites until they are evenly mixed in – being careful not to over-mix or you will lose the volume of the mousse.
5. Decant into your chosen ramekins / jars and pop in the fridge to set for a couple of hours.
6. To decorate, use the icing pen to decorate the rectangular biscuit as a gravestone and gently push into the centre of the mousse. Sprinkle the crumbled cookie round the base of the biscuit to look like soil.

TIP: The mousse bases can be made the day before and left in the fridge overnight to set.

Each mousse pot typically contains:

| Energy | Fat | Saturates | Sugars | Salt |
|--------------------|-------|-----------|--------|--------|
| 599 kJ 142 kcal | 3.4 g | 1.1 g | 13.2 g | 0.24 g |
| 7% | 5% | 6% | 15% | 4% |

of an adults Reference Intake (RI)*

Energy per 100g: 828 kJ / 197 kcal

