

## Dessert: Keto Chocolate Mousse

### Ingredients:

- 1 cup heavy cream
- 3 tablespoons unsweetened cocoa powder
- 2 tablespoons powdered erythritol
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt

### Instructions:

1. In a mixing bowl, combine heavy cream, cocoa powder, erythritol, vanilla extract, and salt.
2. Whip the mixture using a hand mixer until it forms stiff peaks.
3. Divide the mousse into 4 serving cups and chill for at least 1 hour before serving.

### Macros (per serving):

- Calories: 220
- Fat: 23g
- Protein: 2g
- Carbs: 5g
- Fiber: 2g
- Net Carbs: 3g