

Crunchy Keto Berry Mousse

(Original Recipe from DietDoctor.com with modifications)

8 servings

Ingredients:

2 cups heavy whipping cream
3 oz. fresh raspberries, fresh strawberries or fresh blueberries
2 oz. chopped walnuts
½ lemon the zest
¼ tsp vanilla extract

Directions:

- 1) Pour the heavy whipping cream into a bowl and whip with a hand mixer until peaks form. Add the lemon zest and vanilla.
- 2) Add berries and nuts of your choice and stir into the whipped cream until mixed
- 3) Cover with plastic wrap and let set in the refrigerator for 3 or more hours.
- 4) If you like it a little sweeter, add 1 Tbsp Swerve

8 servings

Macros per serving

3.8 Total Carbs, 3.1 Net Carbs, .75g Fiber, 8.5g Fat, 1.1g Protein, 100 Calories