



## Greek Yogurt Chocolate Mousse

A delicious, light chocolate mousse recipe perfect for Valentine's Day! This nutritious mousse dessert contains Greek yogurt which is packed with protein, helping you stay fuller for longer.

Recipe makes 4-5 servings

Prep time: 10 minutes

Chill time: 2 hours

### INGREDIENTS

- ¾ cup milk
- 3 ½ oz/100 g dark chocolate, chopped
- 2 cups Greek yogurt
- 1 tbsp honey or maple syrup
- ½ tsp vanilla extract

### INSTRUCTIONS

1. Pour the milk into a saucepan and add the chocolate. Gently heat the milk until the chocolate melts, being careful not to let it boil.
2. Once the chocolate and milk have fully combined, add the honey/maple syrup and vanilla extract. Stir well.
3. Spoon the Greek yogurt into a large bowl and pour the chocolate mixture on top. Mix well before portioning it out into individual servings.
4. Chill in the fridge for 2 hours.

### Tip

- Top with your favourite fruit such as berries or bananas for added fibre and micronutrients!
- The chocolate mousse can be kept in the fridge for 2 days.



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