

CHOCOLATE COTTAGE CHEESE MOUSSE

INGREDIENTS

- 1 cup fat free cottage cheese
- 2 tbsp unsweetened cocoa powder
- 1 tbsp Truvia brown sugar (or other zero calorie sweetener of your choice)
- Splash of vanilla extract
- Pinch of kosher salt
- Sprinkle of cinnamon (optional)

INSTRUCTIONS

- Place all ingredients in a (mini) food processor.
- Blend until smooth.
- Scoop into a bowl and enjoy.

CALORIES: 183
FAT: 1G

CARBS: 18G
PROTEIN: 26G

