



Everything Herbal

BY CHERYL JABZ



Mint Chocolate Mousse



Mint may help support digestion. Dark chocolate contains beneficial flavonoids.



INGREDIENTS

-  1 cup dark chocolate chips
-  2 cups heavy cream
-  2 tbsp finely chopped fresh mint
-  2 tbsp powdered sugar



INSTRUCTIONS

- 1 Melt chocolate and cool slightly.
- 2 Warm 1/2 cup cream with mint; steep 10 minutes and strain.
- 3 Whip remaining cream with powdered sugar.
- 4 Fold mint cream and chocolate together.
- 5 Fold in whipped cream.
- 6 Chill for 2 hours.



SCAN ME



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