

Renata's Table: Whip up a decadent Valentine's Day dessert with chocolate mousse

Valentine's Chocolate Mousse

Prep time: 10 minutes

Chill time: 2 hours

Serves: 4 portions

Ingredients:

1 cup liquid from a can of chickpeas (each can has different liquid amounts. you need at least 2/3 cup)

2 tbsp icing sugar

1 cup dark chocolate chips (alternate: semisweet chocolate chips)

Add-in Options:

1 tsp vanilla

1 tsp instant coffee/espresso powder

1/2 tsp cinnamon

Garnish:

A Valentine Chocolate Heart

Cinnamon Hearts

A Drizzle of Caramel

Chocolate Shavings

Berries

How It's Made:

Melt the chocolate chips in a double boiler on the stove top, stirring constantly until smooth and liquidy, or in the microwave, in 20 second intervals, stirring after each 20 seconds, until the chocolate is smooth and liquidy. Set aside to cool while you do the next step.

Pour the chickpea liquid into a 4-cup measuring cup or larger, or medium tall bowl, as the mixture expands as it is whipped. I use a hand-held immersion whisk or a regular electric hand-mixer.

Whip on low for 1 minute, then on medium for 6-8 minutes longer. The liquid will start to create a foam then will thicken and become frothy. Ultimately you will see soft peaks form when you stop the mixer.

Add the icing sugar and whip for another minute.

Add in the melted chocolate and whip on low until the chocolate is smoothly incorporated into the aquafaba.

It is delicious as it is right now, but if you wish, add the optional ingredients you wish now, whipping on low until blended smooth.

Serving:

Pour into serving dishes. Chill in the fridge for 2 hours.

Serve the mousse plain or add garnish.