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Description

This rich and creamy chocolate mousse is the kind of dessert that feels indulgent while using simple, protein-friendly ingredients. Unsweetened cocoa gives it a deep chocolate flavor, while Greek yogurt creates a smooth, thick texture that's wonderfully spoonable.

It's a smart option when you're craving something sweet but still want a high-protein, lower-carb dessert. With no complicated baking or cooking required, this mousse comes together in minutes and can be chilled ahead of time.

Can This High-Protein Chocolate Mousse Support Weight Loss Goals?

Yes, it can fit into a weight-conscious eating pattern when enjoyed in an appropriate portion.

Greek yogurt provides protein that can make dessert more satisfying, while unsweetened cocoa adds intense chocolate flavor without requiring a large amount of sugar.

For a lighter option, use nonfat or low-fat Greek yogurt and a calorie-free sweetener. Remember that overall calorie intake and dietary patterns matter more than any individual dessert.

Does High-Protein Chocolate Mousse Fit a High Protein Lifestyle?

Yes, this mousse is designed to be high in protein without relying on protein powder. Greek yogurt provides most of the protein, while unsweetened cocoa contributes a small amount along with rich chocolate flavor. One serving contains approximately 17–19 g of protein and about 7 g of net carbs, depending on the yogurt and sweetener used. It's especially useful as a high-protein snack or dessert when you want something creamy and chocolatey.

My Personal Experience

- The texture is incredibly creamy.
Greek yogurt creates a thick mousse-like consistency that feels much more indulgent than ordinary yogurt.
- The cocoa gives it a rich chocolate flavor.
Using unsweetened cocoa lets you control the sweetness while keeping the chocolate taste prominent.
- It's surprisingly quick to prepare.
Everything can be mixed together in just a few minutes, making it ideal when a chocolate craving hits.
- It feels like a real dessert.
A little vanilla and a pinch of salt make the chocolate flavor taste deeper and more balanced.
- It works well straight from the refrigerator.
A short chilling period makes the mousse thicker, colder, and more dessert-like.

Perfect For:

- High-protein desserts: Greek yogurt provides the main protein source.
- Low-carb desserts: Unsweetened cocoa and a low-carb sweetener keep carbohydrates

relatively low.

- High-protein snacks: A smaller portion makes an easy afternoon snack.
- High-protein breakfasts: Serve with berries and nuts for a more substantial breakfast.
- Keto-style meal plans: Use a keto-friendly sweetener and unsweetened low-carb toppings.
- Chocolate cravings: A creamy alternative to traditional chocolate pudding.
- Meal prep: Prepare individual portions in advance for an easy grab-and-go dessert.

Why You'll Love This Recipe

- No protein powder required
Thick Greek yogurt supplies plenty of protein while keeping the mousse creamy and smooth.
- Deep chocolate flavor
Unsweetened cocoa provides an intense chocolate taste without needing melted chocolate.
- Naturally creamy
The yogurt creates a thick, mousse-like consistency without heavy cream.
- Quick and easy
There is no oven, stovetop, or complicated technique required.
- Easy to customize
Add espresso powder, cinnamon, berries, or a little peanut butter for completely different flavor variations.

Common Mistakes to Avoid

1. Using too much cocoa powder — Excess cocoa can make the mousse bitter and dry.
2. Skipping the pinch of salt — A small amount of salt helps balance the bitterness of unsweetened cocoa.
3. Using thin yogurt — Regular yogurt can produce a loose mousse, so thick Greek yogurt works best.
4. Adding too much liquid — Extra milk can make the mousse runny rather than thick and spoonable.

Required Equipment

- Mixing bowl — Provides enough room to blend the ingredients smoothly.
- Whisk or hand mixer — Creates a uniform, creamy mousse texture.

- Measuring spoons — Keeps the cocoa and sweetener ratios consistent.
- Silicone spatula — Makes it easy to scrape every bit of mousse from the bowl.
- Small serving glasses or jars — Perfect for portioning and chilling individual servings.

Storage Instructions

Transfer the finished mousse to airtight containers or individual glass jars and refrigerate immediately. It is best enjoyed within 3–4 days for the freshest flavor and texture.

Keep toppings such as berries, whipped yogurt, or chopped nuts separate until serving so they remain fresh and crunchy.

Freezing is possible, but it can change the texture of Greek yogurt and make the mousse slightly icy after thawing. For the best result, keep it refrigerated rather than frozen.

Recipe Details

- Preparation Time: 5 minutes
- Cooking Time: 0 minutes
- Total Time: 5 minutes, plus optional chilling
- Servings: 2
- Best Season: All-season
- Total Calories: Approximately 145 calories per serving

Calories are an approximate estimate and vary according to the Greek yogurt and sweetener used.

Short 3-Line Description

Creamy Greek yogurt and rich cocoa create an easy chocolate mousse with an indulgent texture.

It's high in protein, relatively low in carbohydrates, and requires no protein powder. Ready in minutes, it's perfect for a healthy dessert or satisfying high-protein snack.

□ Ingredients

- 1½ cups plain Greek yogurt — about 340 g; use thick, unsweetened Greek yogurt

- 3 tablespoons unsweetened cocoa powder — about 15 g
- 2–3 tablespoons granulated sweetener — adjust to taste; use a low-carb sweetener if desired
- 1 teaspoon vanilla extract
- 2 tablespoons unsweetened almond milk — add gradually; regular milk also works
- 1 small pinch salt
- ¼ teaspoon instant espresso powder — optional, but intensifies the chocolate flavor

Optional Toppings

- 1 tablespoon sugar-free chocolate shavings
- ¼ cup fresh raspberries or strawberries
- 1 tablespoon chopped walnuts or almonds
- 1 tablespoon Greek yogurt, for topping

High-protein note: Choose Greek yogurt with a high protein content and minimal added sugar for the best protein-to-calorie ratio.

Directions

1. Add the yogurt.
Place Greek yogurt into a medium mixing bowl and whisk for about 30 seconds until smooth.
2. Add the cocoa.
Sift or sprinkle in the unsweetened cocoa powder. Add the sweetener, vanilla, salt, and optional espresso powder.
3. Mix slowly.
Whisk over low effort/medium speed for about 1–2 minutes, gradually incorporating the cocoa into the yogurt.
4. Adjust the consistency.
Add the almond milk 1 teaspoon at a time until the mousse becomes smooth and creamy. It should remain thick enough to hold soft peaks rather than becoming pourable.
5. Taste and adjust.
Taste the mousse and add another small amount of sweetener if needed. If the chocolate flavor tastes too bitter, a little additional vanilla can help round it out.
6. Chill — 20–30 minutes.
Transfer the mousse to serving glasses and refrigerate. Chilling allows the flavors to

develop and gives the mousse a firmer, colder texture.

7. Add toppings and serve.

Finish with berries, chocolate shavings, nuts, or a spoonful of Greek yogurt just before serving.

Heat level: No heat required.

High-protein cooking tip: Use a thick, high-protein Greek yogurt rather than regular yogurt. If you want even more protein, top each serving with additional Greek yogurt instead of whipped cream.

Nutrition Facts

Per Serving – Approximate

Estimated using nonfat plain Greek yogurt, unsweetened cocoa, a calorie-free sweetener, and unsweetened almond milk.

- Calories: ~145 kcal
- Fat: ~2.5 g
- Cholesterol: ~5 mg
- Sodium: ~75 mg
- Potassium: ~250 mg
- Total Carbohydrates: ~10 g
- Fiber: ~3 g
- Net Carbs: ~7 g
- Sugars: ~5 g
- Protein: ~18 g
- Calcium: ~180 mg

Nutrition values are approximate and will vary according to the Greek yogurt, milk, sweetener, and toppings used.

Notes

- Storage: Keep covered and refrigerated for 3–4 days.
- Reheating: No reheating is needed; serve chilled.

- Freezing: Not recommended for the best mousse texture, although it can be frozen if necessary.
- Allergy notes: Dairy-based Greek yogurt contains milk; use a suitable dairy-free high-protein yogurt if necessary.
- Nut-free option: Use skim milk instead of almond milk and omit nut toppings.
- Lower-carb option: Use a calorie-free, low-carb sweetener and unsweetened almond milk.
- Flavor boost: Add espresso powder, cinnamon, orange zest, or a tiny amount of peppermint extract.
- Extra protein: Add a little more high-protein Greek yogurt rather than increasing the cocoa or liquid.
- Sweeter version: Add sweetener gradually because different sweeteners vary considerably in sweetness.

Frequently Asked Questions

1. Is this chocolate mousse high in protein?

Yes, it provides approximately 18 g of protein per serving, primarily from Greek yogurt.

2. Can I make this chocolate mousse without protein powder?

Yes, thick Greek yogurt provides the protein without requiring protein powder.

3. Is this chocolate mousse low carb?

It is relatively low in net carbohydrates at approximately 7 g per serving, especially when made with a low-carb sweetener.

4. Can I use regular yogurt instead of Greek yogurt?

Yes, but the mousse will generally be thinner and contain less protein.

5. How long does chocolate yogurt mousse last in the refrigerator?

It is best consumed within 3–4 days when stored covered and refrigerated.

6. Can I make this mousse keto-friendly?

Yes, use unsweetened Greek yogurt with a suitable low-carb sweetener and check the yogurt's carbohydrate content to ensure it fits your individual keto targets.