

Rebound Health Easy Chocolate Mousse

Serves 6

Ingredients:

4 ounces semisweet or bittersweet chocolate, coarsely chopped

4 tablespoons butter, sliced

4 large eggs, separate yolks from egg whites

1/8 teaspoon cream of tartar

- In a heavy saucepan over low heat, heat chocolate and butter, stirring occasionally, until melted.
- Remove chocolate mixture from heat and whisk in egg yolks, one at a time, until blended. Transfer to a large bowl and set aside.
- In the bowl, beat egg whites with an electric mixer at medium speed until foamy. Add cream of tartar; beat until stiff peaks form.
- With a rubber spatula, gently fold one-third of beaten whites into chocolate mixture. Fold in remaining whites until mixture is just smooth and blended.
- Pour mousse into a serving bowl or individual glasses. Cover and refrigerate until firm, at least 4 hours or overnight.