

## Easy chocolate mousse

Preparation time: 15 minutes + chilling

Makes 4 small portions

### Ingredients:

100g good quality dark chocolate, 70%  
¼ cup boiling water  
½ cup chickpea water (see below)  
Crème fraiche, whipped cream or coconut cream to serve  
Fresh pomegranate or raspberries to serve  
Flaked almonds to serve

### Directions:

- Place dark chocolate and water in a bowl on top of a saucepan of boiling water (bain marie) and stir until chocolate has melted
- While melted chocolate is cooling, whip the chickpea water, see below
- Fold the whipped aqua faba into the chocolate gently, to avoid knocking out the air
- Divide between 4 dishes and chill for 60 minutes
- Top with a little crème fraiche, some berries and toasted almonds

Chickpea water, also called aquafaba is a great substitute for egg whites in baking. Use tinned chickpeas in water for your first time as home cooked chickpeas can be too thin a consistency. Simply drain the tinned chickpea water into a very dry bowl and whip as you would egg whites. You can add 1 tsp. cream of tartar for a slightly stiffer consistency. This will take up to 15 minutes by hand so it may be easier to use an electric mixer! Beat until stiff peaks are formed and no liquid remains in the bottom of the bowl. Most cans of chickpeas provide 1 cup of water. I recommend whipping the full cup, using half for the mousse and half for another recipe e.g. easy macaroons.

This mousse has an intense chocolate flavour. Try adding orange zest or instant coffee to the chocolate when melting if you prefer.