



**OPTIMUM**  
WELLNESS CENTERS



## Chocolate Yogurt Mousse With Fruit

Recipe courtesy of The American Heart Association



**Servings:** 6

**Serving Size:** 1/3 cup + 1/3 cup fruit + 1tbsp whipped topping<sup>®</sup>

### Ingredients

- 6 Mini Hershey's Sugar-Free Special Dark Chocolate bars (chopped)
- 2 cups plain nonfat Greek yogurt
- 2 tbsp honey -OR- 4 packets artificial sweetener
- 1 tsp vanilla extract
- ¼ cup skim milk
- 6 tbsp whipped topping (non-fat)
- 2 cups fresh raspberries or other fruit

### Nutrition Facts | 130 Calories Per Serving

Total Fat . . . . .	4 g
Saturated Fat . . . . .	2 g
Trans Fat . . . . .	0.0 g
Cholesterol . . . . .	5 mg
Sodium . . . . .	35 mg
Total Carbohydrate . . . . .	17 g
Dietary Fiber . . . . .	3 g
Sugars . . . . .	11 g
Protein . . . . .	9 g
Potassium . . . . .	220 mg
Phosphorus . . . . .	150 mg



## Chocolate Yogurt Mousse

### Directions

**1** Add the chopped chocolate to a microwave-safe bowl. Microwave the chocolate on high for 1 minute, then stir. If not completely melted, microwave for 30 more seconds, then stir until all chunks are melted. If it is still not melted, microwave another 30 seconds and continue to stir, just until the chunks in the chocolate are melted. Do not overcook.

**2** In a medium mixing bowl, whip the Greek yogurt with an electric mixer until fluffy. Add the honey, vanilla, and milk, and beat some more, then add the chocolate, a small amount at a time, beating in between additions..

**3** Once all of the chocolate is mixed into the yogurt, divide the mousse into 6 portions and top each portion with 1/3 cup raspberries and 1 tablespoon whipped topping.

[optimumwellnesscenters.com](http://optimumwellnesscenters.com) (239) 321- 6104

#### Lehigh Acres

2724 5th St. W.  
Suite A  
Lehigh Acres, FL 33971

#### Fort Myers

3820 Colonial Blvd  
Suite 201  
Fort Myers, FL 33966

#### LaBelle

700 S. Main St.  
LaBelle, FL 33935