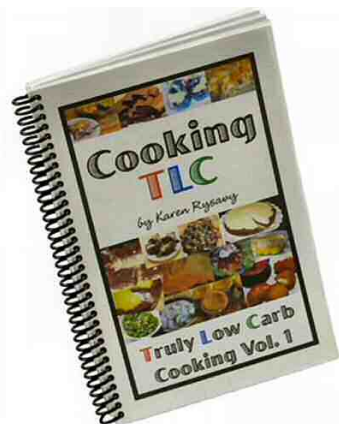


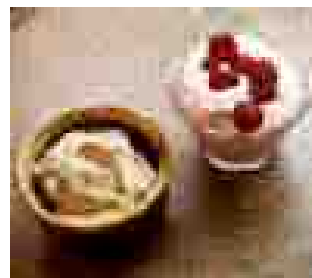


Because everyone could use a little **TLC**



Heavenly Mousse

A Volume 1 Recipe



- 1 cup heavy whipping cream
- 8 oz. cream cheese
- 2 Tb. unsweetened peanut butter
- 1 Tb. unsweetened cocoa powder
- 1 cup granular Splenda™

Allow cream cheese to come to room temperature before beginning. This is easiest to make in a stand mixer. Beat heavy whipping cream until peaks form, and set aside. Be careful - If you over do this step, you'll make butter! Beat cream cheese by itself for several minutes until very smooth, scraping down sides of bowl and beaters as needed. Add Splenda™, peanut butter and cocoa powder. Mix very well, scraping down beaters and sides again. Incorporate one scoop of the whipped cream into the cream cheese mixture first, to lighten it. Then, by hand, using a wide rubber spatula, fold in remaining whipped cream. Do not over mix, it is okay if you can still see veins of white streaking the mix. Cover with plastic wrap and refrigerate. Try to eat just ONE, okay. (That's one serving, not one batch.)

6 servings, each: 303 cal, 29 g fat (17 g sat.), 7 g carb, 4 g protein

Carbs can be reduced by using only half as much cream, or substituting sugar free syrup or Fiberfit for some or all of the Splenda™. By omitting the chocolate and peanut butter and substituting extracts or sugar free syrup, the flavor combinations are practically endless! Experiment and find your favorite.

I often use 3-4 Tb. of [Sugar Free DaVinci Gourmet](#) syrups in place of half the Splenda. I like to make raspberry mousse (with raspberry syrup) and add ripe berries, or peach, with fresh diced peaches added. You could also add nuts, unsweetened coconut, etc.

Make this recipe with [Fiberfit](#) and cut net carbs in HALF! Made with 3 Tb. Fiberfit in place of 1 cup Splenda, each serving has only 309 calories and 3 net carbs! (5 g carb, 2 g fiber)