



## Instant Pot Keto Chocolate Mousse

**Active Time:** 10 minutes | **Total Time:** 30 minutes | **Serves:** 6

### Nutrition Information Per Serving

190.9 calories, 8.22 g carbohydrate, 0.29 g fiber, 2.93 g NET carbs, 3.47 g protein, 18.45 g fat

#### Ingredients

- 1/2 cup(s) Lakanto Powdered Sweetener
- 1/4 ounce(s) cacao powder
- 4 large(s) egg yolks
- 1/4 cup(s) water
- 1 cup heavy whipping cream
- 1/2 cup(s) milk
- 1/2 tsp(s) vanilla
- 1/2 tsp(s) sea salt

#### Preparation

1. Place egg yolks in a medium bowl. Whisk well.
2. Whisk in the powdered sweetener, water, and cacao. Microwave for 2 minutes, pausing the microwave every 30 seconds to whisk the mixture.
3. Add the milk and whipping cream. Whisk in the vanilla and salt.
4. Pour the chocolate mixture into 3-ounce ramekins. Cover tightly with aluminum foil.
5. Add one cup of water to the Instant Pot. Add the trivet and place the filled ramekins on top of the trivet.
6. Close and lock the lid. Set the pressure to HIGH and time to 10 minutes.
7. When the time is up, perform a quick release.
8. Remove ramekins carefully and allow to cool for two hours.
9. Serve, or keep refrigerated.

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