

KETO LEMON MOUSE – 4 INGREDIENTS

Indulge in a refreshing and creamy dessert with this Keto Lemon Mousse recipe. Bursting with tangy lemon flavor and velvety smooth texture, this mousse is perfect for those following a ketogenic or low-carb lifestyle. Made with keto-friendly ingredients, this delightful treat allows you to satisfy your [sweet tooth](#) while staying true to your dietary goals. Whether you're entertaining guests or simply treating yourself, this Keto Lemon Mousse is sure to impress. Here's a step-by-step guide to creating this delightful and guilt-free dessert.

Servings: This recipe makes approximately 4 servings.

Ingredients:

1 cup heavy cream

1/4 cup powdered erythritol or preferred keto-friendly sweetener

2 tablespoons lemon juice

1 tablespoon lemon zest

1/2 teaspoon vanilla extract

Optional: Additional lemon zest or fresh mint leaves for garnish

Instructions:

In a mixing bowl, combine the heavy cream, powdered erythritol or preferred sweetener, lemon juice, lemon zest, and vanilla extract.

Using an electric mixer or whisk, beat the mixture on medium-high speed until it thickens and forms soft peaks. Be careful not to overbeat, as it can turn into butter.

Once the mousse has reached the desired consistency, spoon it into individual serving dishes or ramekins.

Cover the dishes with plastic wrap or foil and refrigerate for at least 2 hours to allow the mousse to set and the flavors to develop.

Prior to serving, garnish the Keto Lemon Mousse with additional lemon zest or fresh mint leaves, if desired.

Enjoy the refreshing and creamy Keto Lemon Mousse as a delightful dessert or a palate-cleansing treat.

Note: You can adjust the sweetness and tartness of the mousse by adding more or less lemon juice and sweetener according to your taste preferences.



Nutritional values (per serving, 1 jar)

Net carbs

3 grams

Protein

2.9 grams

Fat

25.5 grams

Calories

256 cal