Snack

Silky Peach and Nectarine Mousse

A chilled fruit mousse where pureed peaches and nectarines are folded with creamy yoghurt and whipped egg whites, then left to set in the fridge.

90 min	80	9.3 g	7.7 g
time	calories	carbs	sugars



Nut free

Ingredients, 6 servings

- [ ] 300 g each peaches and nectarines
- [ ] 3/4 cup SPLENDA® low calorie sweetener granular
- [ ] 2 tablespoons gelatine
- [ ] 2 tablespoons orange juice
- [ ] 300 g low fat plain yoghurt
- [ ] 3 egg whites

Method

- [ ] 1 Stone the peaches and nectarines, dice the flesh, and blend it with the SPLENDA® low calorie sweetener granular to a smooth puree.
- [ ] 2 Sprinkle the gelatine into the orange juice and stir to combine.
- [ ] 3 Set the bowl over a saucepan of simmering water and stir until the gelatine has dissolved, then leave it to cool before stirring it into the fruit puree.
- [ ] 4 Beat the egg whites until stiff, then gently fold the low fat plain yoghurt and the beaten egg whites into the puree.
- [ ] 5 Divide the mousse among 6 serving glasses and refrigerate for at least 1 hour before serving.

Nutrition Facts

Per serving

Calories	**80**
Total fat	1 g
Saturated fat	Not listed
Sodium	80 mg
Total carbs	9.3 g
Fiber	1 g
Total sugars	7.7 g
Protein	9 g

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