



DREAMY CHOCOLATE STRAWBERRY DUO

INGREDIENTS:

4 each	Whole eggs, separated
1 square	Unsweetened baking block (Baker's Chocolate)
1 cup	Sugar
1 ½ tsp.	Pure vanilla extract
2 cups	Fat free cool whip
2 T.	Skim milk
Pinch	Cream of tartar

PREPARATION:

- Separate eggs and place egg whites in medium sized mixing bowl. Let come to room temperature.
- In a medium sauce pan, melt unsweetened baking block, and ½ cup of the granulated sugar. Stir until sugar is dissolved.
- Then add the two tablespoons of skim milk and whisk until completely mixed.
- Then add vanilla extract to chocolate mixture.
- Set aside and let cool.
- Then beat egg whites with a pinch of cream of tartar and gradually add the rest of the ½ cup of sugar.
- Beat egg whites mixture until stiff peaks form. (should look very glossy)
- Fold in cooled chocolate mixture, along with the two cups of fat free cool whip.
- Fold until there are no white streaks.

STRAWBERRY MOUSSE:

INGREDIENTS:

4 each	Whole eggs, separated
1 pint	Whole strawberries, washed and cut in half
1 cup	Sugar
2 cups	Fat free cool whip
Pinch	Cream of tartar

PREPARATION:

- Separate eggs and place egg whites in medium sized mixing bowl. Let egg whites come to room temperature. (this helps them whip better)
- In egg yolk bowl, whisk eggs until smooth.
- In a sauce pan mix strawberries and ½ cup of the sugar, and cook until strawberries are well cooked and sugar is dissolved.
- After strawberries are cooked, puree in a blender until smooth.
- Return strawberry puree to sauce pot, heat and quickly whisk in egg yolks until strawberry sauce has thickened. Let cool.
- Once egg whites have come to room temperature then beat eggs with remaining sugar and cream of tartar.
- Whip egg whites until they come to stiff peaks.
- Fold in cooled strawberry mixture, along with the two cups of fat free cool whip.
- Fold until there are no white streaks.

Layer 1 ounce of mousse interchangeably between the chocolate and the strawberry in a champagne flute four times.

Example: 1 oz. of strawberry, 1 oz of chocolate, 1 oz. of strawberry, and then top with 1 oz. of chocolate. Garnish with fresh berries or miniature chocolate morsels.

Number of Servings: 12
Serving Size: 1/2 cup
Calories: 110
Fat Grams: 3