

Strawberry Mousse Cups

Rating: ★★★★★

Serves: 8
Prep: 20 mins

Dietary: V, VEG, DF, GF, EF, NF

Allergens: /

Age group: 12 months+

Mealtime: Mother's Day Menu

Difficulty level: Medium

Strawberry Mousse Cups



Vegan



Vegetarian



Dairy Free



Gluten Free



Egg Free



Nut Free

Method

1. Rinse and clean the strawberries then place in a blender with maple syrup and blend until smooth.
2. Remove the coconut cream can from the fridge and then turn upside down. Open from the bottom and discard water that has separated from the cream (can be frozen in ice cubes and used in smoothies).
3. Add the cream and the vanilla to a bowl and whip with a hand mixer until fluffy. Add 1 cup of strawberry puree and mix further.
4. Place a thin layer of strawberry puree to the bottom of a small (shot) glass, then add a layer of mousse. Decorate with diced strawberries.

Storing leftovers:

Store in an airtight container in the fridge for up to 3-4 days or freeze for up to 4 months.

Equipment

High-speed blender, Hand mixer

Ingredients

- 500g strawberries, rinsed and greens removed, plus extra to decorate
- ¼ cup (60ml) maple syrup
- 400ml can coconut cream, refrigerated for 7 hours or overnight
- 1 tsp (5ml) vanilla extract

Tips

✓ Prep tips:

Best to prepare the day before serving so it can set in the fridge overnight.

✓ Easy ingredient swaps:

For a non-dairy-free version, swap coconut cream for regular whipped cream.

Swap strawberries for berries of choice.

✓ Additional boosters:

Serve with homemade crunchy granola on top.