



Black Bottom Peanut Butter Mousse Pie

READY IN



240 min.

SERVINGS



8

CALORIES



671 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons plus
- ☐ 8 servings whipped cream for top, chocolate sauce for drizzling
- ☐ 0.5 cup sugar
- ☐ 300 grams milk whole
- ☐ 1 cup heavy whipping cream cold soft
- ☐ 4 tablespoons butter unsalted melted
- ☐ 1 cup creamy peanut butter separated (not the natural, kind)
- ☐ 8 graham crackers
- ☐ 250 grams chocolate 65% chopped

- ☐ 1 pinch salt

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Make the crust: Preheat the oven to 350°F.
- ☐ Combine the graham cracker crumbs and melted butter in a bowl and stir to combine. Press the mixture evenly into the bottom and sides of the pie plate.
- ☐ Bake for 15 minutes, until the crust gets slightly browned. Allow the crust to cool completely.
- ☐ Place chopped chocolate, pinch of salt, and corn syrup in a bowl. Bring the milk to a boil, immediately remove from the heat, and pour over the chocolate. Allow this to sit for 1 minute, then whisk until all of the chocolate has melted and the mixture is homogenous.
- ☐ Pour the mixture into a saucepan and whisk constantly over low heat for about 8 minutes. The mixture will steam, thicken, and begin to sputter and bubble. Continue to whisk and scrape the bottom to prevent burning. When the mixture is of pudding consistency, remove from the heat.
- ☐ Pour into a bowl, press plastic wrap directly on the surface, and chill for 3 hours.
- ☐ Make the mousse layer: Just before assembly, whisk peanut butter and confectioner's sugar together until the mixture is thick and glossy.
- ☐ Whisk about 1/3 of the chilled whipped cream into the mixture to lighten it, then fold in the remaining 2/3, taking care not to deflate it.
- ☐ Spread the chilled chocolate layer evenly over the bottom of the pie shell, then pour the mousse evenly over that. If desired, top with additional whipped cream, chocolate syrup, nuts, or chocolate chips.
- ☐ Serve immediately.

Nutrition Facts



 **PROTEIN 6.63%**  **FAT 60.24%**  **CARBS 33.13%**

Properties

Glycemic Index:39.09, Glycemic Load:26.65, Inflammation Score:-7, Nutrition Score:12.779130405706%

Nutrients (% of daily need)

Calories: 671.06kcal (33.55%), Fat: 47.57g (73.19%), Saturated Fat: 21.72g (135.73%), Carbohydrates: 58.87g (19.62%), Net Carbohydrates: 55.13g (20.05%), Sugar: 44.66g (49.62%), Cholesterol: 57.73mg (19.24%), Sodium: 269.23mg (11.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 20.63mg (6.88%), Protein: 11.78g (23.56%), Manganese: 0.63mg (31.49%), Magnesium: 105.54mg (26.39%), Vitamin B3: 5.09mg (25.47%), Phosphorus: 245.7mg (24.57%), Vitamin E: 3.51mg (23.42%), Vitamin B2: 0.29mg (16.85%), Copper: 0.33mg (16.26%), Fiber: 3.74g (14.97%), Vitamin A: 714.1IU (14.28%), Zinc: 1.85mg (12.34%), Iron: 2.04mg (11.33%), Potassium: 392.64mg (11.22%), Calcium: 109.06mg (10.91%), Vitamin B6: 0.21mg (10.33%), Folate: 36.69µg (9.17%), Vitamin B1: 0.12mg (7.8%), Vitamin D: 1.02µg (6.78%), Vitamin B5: 0.61mg (6.06%), Selenium: 4.09µg (5.84%), Vitamin B12: 0.28µg (4.66%), Vitamin K: 3.73µg (3.56%)