

Dreamy Crimson Mousse



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



319 kcal

DESSERT

Ingredients

- ☐ 1 ml almond extract pure
- ☐ 1 medium beet diced boiled soft peeled (at least 30 minutes)
- ☐ 30 ml chia seeds whole fine
- ☐ 1 ml coconut extract
- ☐ 240 ml full fat coconut milk
- ☐ 15 ml juice of lime freshly squeezed
- ☐ 15 drops stevia liquid to taste (will depend on the brand)
- ☐ 55 g cashew pieces raw

- ☐ 1 pinch sea salt fine
- ☐ 5 ml vanilla extract pure

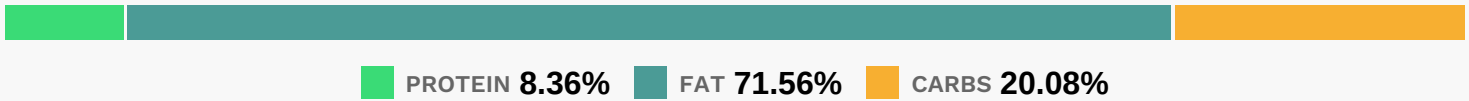
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Once the beets are soft, drain them well (you can reserve the liquid for soup or other uses).
- ☐ Place the drained beets and remaining ingredients in a high speed blender* and blend until perfectly smooth, pushing the mousse down into the blades occasionally as necessary. Turn the mixture into a bowl, cover and refrigerate at least 4 hours or overnight (refrigerating allows the cashews to absorb some of the liquid and the mousse to thicken). Spoon or pipe into serving dishes and top with coconut whipped cream, if desired.

Nutrition Facts



Properties

Glycemic Index:62.07, Glycemic Load:5.78, Inflammation Score:-6, Nutrition Score:13.706521754679%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 318.52kcal (15.93%), Fat: 26.65g (41%), Saturated Fat: 16.14g (100.86%), Carbohydrates: 16.82g (5.61%), Net Carbohydrates: 12.14g (4.41%), Sugar: 5.27g (5.85%), Cholesterol: 0mg (0%), Sodium: 70.69mg (3.07%), Alcohol: 0.72g (100%), Alcohol %: 0.55% (100%), Protein: 7.01g (14.02%), Manganese: 1.28mg (63.91%), Copper: 0.68mg (34.23%), Magnesium: 126.45mg (31.61%), Phosphorus: 267.38mg (26.74%), Iron: 4.76mg (26.45%), Folate: 81.08µg (20.27%), Fiber: 4.68g (18.74%), Potassium: 511.62mg (14.62%), Zinc: 2.02mg (13.48%), Selenium: 8.02µg (11.45%), Vitamin B1: 0.16mg (10.53%), Vitamin B3: 1.52mg (7.61%), Calcium: 75.9mg (7.59%), Vitamin B6: 0.14mg (6.92%), Vitamin C: 5.28mg (6.4%), Vitamin K: 6.4µg (6.09%), Vitamin B5: 0.37mg (3.7%), Vitamin B2: 0.05mg

(2.84%), Vitamin E: 0.23mg (1.57%)