



# *Marithé's delicious recipes*

## **Chocolate mousse**

**NO EGGS, WHEAT FLOUR OR FLAVOURING**

### INGREDIENTS

- 400 g strawberries,
- 6 sheets of gelatine,
- 200 g fromage frais, fat content 30%
- 3 tablespoons sugar,
- 3 tablespoons water.

### INSTRUCTIONS

- Soften the gelatine sheets in the cold water. Blend the strawberries with the sugar. Drain the gelatine and melt it in 3 tablespoons of hot water.
- Put the melted gelatine in the bowl of the food processor with the strawberries. Add the fromage frais. Blend.
- Divide the mousse between 4 individual dishes.
- Put in the refrigerator for an hour.

Recipe by  
Marie-Thérèse ROTH



Internal medicine -  
Clinical Immunology  
and Allergology  
Hôpital Central  
29, Av. de Lattre de Tassigny  
54035 NANCY Cedex