

Mocha Mousse

Makes: 4 servings
Prep Time: 10 minutes

Ingredients:

1/3 cup semi-sweet chocolate pieces
2 Tbsp. milk
1 Tbsp. instant coffee granules
1, 15-oz. container fat free ricotta cheese
1/3 cup sugar

Directions:

In a small saucepan over very low heat, melt chocolate with milk and coffee granules.

Place ricotta cheese and sugar in food processor fitted with metal blade. Process until smooth. While machine is running, slowly pour in chocolate mixture. Process until combined. Spoon into individual dessert glasses. Chill until firm. Garnish with a dollop of whipped cream, if desired.