

# Kiwi yoghurt mousse

Sweet

level 

 4

 20 min



## TIP:

Alternatively, purée stewed apricots or peaches together with sugar and vanilla essence. This dessert can be served with two or more fruit mousselines.

## Ingredients

### Yoghurt Mousse

200 ml	Fresubin Protein Energy DRINK Vanilla
8 g	gelatine (4 sheets)
100 g	natural yoghurt (3.5 % fat)
100 g	crème fraîche
30 g	icing sugar
	juice of 1/2 lemon
200 g	whipped cream (30 % fat)

### Kiwi Mousse

100 g	sugar
100 ml	water
4	kiwis peeled, chopped (200 g)

## Nutritional information per serving:

Energy .....	482 kcal
Protein .....	10.0 g
Fat .....	27.0 g
Carbohydrate .....	47.0 g
Fibre .....	2.0 g



## Alternative products:

Fresubin® Original DRINK  
Fresubin® Energy/Fibre DRINK  
Fresubin® 2 kcal/Fibre DRINK  
Fresubin® Energy Fibre DRINK

## Preparation

Soak the gelatine in cold water. Mix the natural yoghurt with the crème fraîche and Fresubin Protein Energy DRINK Vanilla. Mix the icing sugar with the lemon juice and add to mixture. Fold in the melted gelatine. As soon as the mixture starts to thicken, fold in the whipped cream and immediately transfer mixture to glass bowl and chill in fridge for about 6 hours.

To make the Kiwi Mousse, mix the sugar with the water and boil briefly. Add the kiwis, purée (but only for a very short time!) and put in fridge to chill.

If the mousse is served without fruit mousse or sauce, it is recommended to use double the amount of sugar when making the mousse. Fresh fruit and mint are ideal as a garnish.

Binders such as gelatine and corn flour can be replaced by Thick & Easy. Sugar can be replaced by sweetener or honey.