

Strawberry Mousse

This super-easy recipe uses fresh strawberries, cashews and maple syrup for a healthier version of a light, summer dessert.



Prep Time: 3.5 hours

INGREDIENTS

Yield: 4 servings

- 1 cup raw cashews, soaked in hot water for 3 hours or overnight
- 1 cup strawberries (or mixture of berries, can also use frozen)
- 1 tablespoon lemon juice
- 1-2 tablespoon Pure Maple Syrup
- 1 pinch sea salt
- ¼ cup hot milk (coconut or plant based)
- ¼ tsp vanilla extract
- 2 tablespoon melted coconut oil

Cook time: No Cooking

PREPARATION

- Rinse and drain cashews.
- Add strawberries to blender and blend. Add cashews, lemon juice, maple syrup, salt, milk and vanilla and blend well.
- Add coconut oil and blend for 30 more seconds.
- Pour mousse into 4 serving dishes, garnish with sliced berries and chill for up to 2 hours to get firm consistency.

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