
Chocolate-Raspberry Mousse

The Windsor Family Cookbook

Windsor Vineyards - Windsor, CA

1 package (6 ounce) semi-sweet chocolate chips

1/3 cup frozen apple juice concentrate, heated

2 egg whites

2 cups heavy cream, whipped

1 pint raspberries (frozen or fresh), puree'd

Melt the chocolate chips in a double boiler over boiling water. Add the heated juice. Stir until almost smooth. Cool to room temperature.

Whip the egg whites until stiff and fold into the cooled chocolate mixture. Fold half of the whipped cream into the chocolate mixture.

Mix the remaining whipped cream with the puree'd berries.

Layer the chocolate and berry mixtures alternately in eight to ten individual serving dishes. Garnish with whipped cream if desired.

Yield: 8 to 10 servings

Dessert

Per Serving (excluding unknown items): 1675 Calories; 176g Fat (92.8% calories from fat); 17g Protein; 14g Carbohydrate; 0g Dietary Fiber; 653mg Cholesterol; 289mg Sodium. Exchanges: 1 Lean Meat; 1 1/2 Non-Fat Milk; 35 Fat.