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Peanut Butter Mousse · ·

Peanut Butter Mousse is a creamy and indulgent dessert made with peanut butter, whipped cream, and sugar. It is a vegan recipe that can be enjoyed by anyone, regardless of dietary restrictions. The mousse is light, fluffy, and full of peanut butter flavor. It is perfect for special occasions or as a sweet treat after a meal.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

200 g	Peanut Butter
200 g	coconut cream
50 g	powdered sugar
1 tsp	vanilla extract
1 pinch	Salt

Directions

Step 1

Mixing

In a mixing bowl, combine peanut butter, coconut cream, powdered sugar, vanilla extract, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixer

Using an electric mixer, beat the mixture until smooth and creamy.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Refrigerating

Divide the mousse into serving dishes and refrigerate for at least 2 hours.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 30 g

Protein: 10 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	5 g	13.16%	20%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	20 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	30 g	107.14%	120%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	1 mg	12.5%	5.56%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Fall

Course

Desserts

Breads

Snacks

Cultural

Chinese New Year

Cost

Under \$10

\$10 to \$20

Diet

Flexitarian Diet

Vegan Diet

Raw Food Diet

Low Sodium Diet

The Beverly Hills Diet

The Air Diet

The Breatharian Diet

The Master Cleanse Diet

The Best Life Diet

The Peanut Butter Diet

The Bulletproof Diet

The Adrenal Fatigue Diet

The Raynaud's Disease Diet

Meal Type

Supper

Difficulty Level

Medium

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