

Sugar-Free Creamy Chocolate Cheesecake Mousse

Inspired by a recipe in a diabetic cookbook by Mary Jane Finsand



- 1/3 cup cocoa
- 1/4 cup Splenda Granular, or other sugar substitute
- 2 tablespoons cornstarch
- 1/4 teaspoon salt
- 1/4 cup espresso coffee (I used decaf)
- 1 cup half and half
- 3/4 cup 2% low-fat milk
- 1 large egg, beaten
- 8 ounces cream cheese
- 1 tablespoon vanilla

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 6

1. Combine cocoa, sugar replacement, cornstarch and salt in a large saucepan.
2. In a 2-cup measure, pour the espresso. Add half and half and milk to measure 2 cups.
3. Using a whisk, pour the liquid into the saucepan, stirring, and heat until it begins to boil. Reduce heat and simmer, stirring almost constantly (it will bubble up and plop, possibly throwing hot pudding onto your arm or stove) for about 4 minutes. Turn off heat.
4. In a small bowl beat the egg, then slowly spoon in about 1/2 cup of the hot chocolate pudding, stirring constantly, until combined. Pour that back into the pudding.
5. Bring to a boil and continue stirring over low-low heat for about 2 minutes (to cook the egg completely). Remove from heat and add the cream cheese, which you will want to cut up into about 9 pieces. Stir to melt the cream cheese and stir well to blend. Add vanilla.
6. Pour or spoon pudding into individual dishes. Cool, then chill until ready to serve. Can serve with a little whipped cream on top (no sugar needed), or drizzle with a little heavy cream.

Per Serving (excluding unknown items): 240 Calories; 20g Fat (72.3% calories from fat); 7g Protein; 10g Carbohydrate; 2g Dietary Fiber; 94mg Cholesterol; 246mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Non-Fat Milk; 3 1/2 Fat.