



DESSERT SHOTS

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RECIPES: DESSERTS | *By: Amy Christensen*

Categories: | NO COMMENTS



Chocolate is my favorite food group. Okay, not really. But if I want to enjoy something sweet, chocolate is my go-to treat! While not technically a mousse, it's really homemade (delicious) chocolate pudding mixed with all natural, organic Tru Whip.

I was in the mood for mint, so I chose Back to Nature Mint Chocolate Chip cookies (think a natural version of Thin Mint cookies) and used a fair trade mint chocolate bar to create the shavings for the top. Some other yummy variations would be:

- Chocolate & Raspberry: crust = crushed chocolate cookies + crushed freeze dried raspberries and topping = fresh raspberries.
- Black Forest: crust = crushed chocolate cookies and topping = shaved Chocolve Cherries and Almonds in Dark Chocolate bar and one fresh cherry
- Nutty: crust = crushed peanut butter cookies and topping = roasted peanuts and shaved milk chocolate

Also, try the fast and easy recipe for Blueberry Cheesecake Dessert Shots.

Dessert Shots

Chocolate Mousse Dessert Shots

- 1/4 cup sugar
- 1/4 cup unsweetened cocoa powder
- 3 tablespoons [Bob's Red Mill](#) cornstarch
- pinch of salt
- 2 cups [Farmer's Cow](#) whole milk
- 1 large [Barnyard's Best](#) egg
- 4 ounces organic dark chocolate chips from the bulk bin
- 1 tub (8 ounce) [TruWhip](#), thawed
- 1 box [Back to Nature Fudge Mint Cookies](#)
- 1 bar [Endangered Species](#) Dark Chocolate with Forest Mint

1. Whisk together the sugar, cocoa powder, corn starch and salt in a medium sauce pan. Begin to add milk a little at a time, whisking continuously to combine. Heat over medium heat, stirring constantly with a spatula, until pudding begins to thicken and comes to a low boil. Remove from heat.
2. In a separate mixing bowl, beat the egg. Temper the egg by adding a few tablespoons of the hot pudding, making sure to whisk while adding. Add a little more pudding and continue whisking. Do this one more time and then add the entire pudding mixture from the pan. Whisk to thoroughly combine. (Adding the pudding to the egg all at once could cause the egg to scramble, so adding a little bit at a time brings the egg up to temp gradually.)
3. Add half of the chocolate chips to the hot pudding and stir until melted. Add the remaining chocolate chips and stir again until thoroughly combined.
4. Let pudding cool to room temperature. Place plastic wrap or parchment paper directly on the top of the pudding to keep it from forming a skin.
5. Fold in the TruWhip topping. Scoop the pudding into a gallon freezer zipper bag and zip closed.

6. Refrigerate until set.
7. Place the cookies in a large zipper bag and zip closed. Using a rolling pin, crush the cookies into crumbs. After this step, you can keep the crumbs store in a bag and the mousse stored in the refrigerator until ready to serve, up to 2 days.
8. Scoop about 1/2 tablespoon cookie crumbs into the shot glasses and shake to level.
9. Snip a corner off of the bag of chocolate mousse. Pipe mousse into glasses.
10. Repeat layer, cookie crumbs and finish with chocolate mousse.
11. Add a dallop of TruWhip topping.
12. To garnish, break off 1/3 of the chocolate bar (reserving the rest to eat another time.) Using a vegetable peeler, shave chocolate over the tops of the filled shot glasses.
13. Serve immediately or refrigerate until serving.

Blueberry Cheesecake Dessert Shots

- 4 pkg. (8 oz. each) [Organic Valley Cream Cheese](#), softened
- 1/3 cup + 1T sugar
- 1/2 tsp. vanilla
- 1 tub (8 oz.) [TruWhip](#), thawed
- 8 – 10 [Erewhon Honey Grahams](#), crushed
- [Stonewall Kitchen Wild Maine Blueberry Jam](#)
- Fresh Organic Berries

1. Mix together the cream cheese, sugar and vanilla until creamy.
2. Fold in the TruWhip until mixed. **
3. Using a spoon, cover the bottom of shot glasses with a scoop of graham cracker crumbs. Shake glasses to level out crumbs. Top with cream cheese mixture. Add a small layer of blueberry jam.
4. Repeat layers. Top with fresh blueberries.
5. Refrigerate until ready to serve.

**If you want to assemble at a later time, scoop the cream cheese mixture into a gallon sized freezer zipper bag. Refrigerate. Remove from refrigerator about 2 hours prior to serving to allow to come to room temperature. Snip off one bottom corner of the bag and pipe into the serving glasses.