

Healthy One-Dish Dinners

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4 mouthwatering meals you can prepare in minutes

Lori Powell



### Chocolate-Orange "Mousse" with Raspberries

Raspberries and dark chocolate deliver insulin-boosting polyphenols and blood-pressure-lowering flavonoids.

PREP TIME: 5 min

TOTAL TIME: 15 min + chilling time

SERVINGS: 6

1 c chocolate almond milk

5 oz bittersweet chocolate, chopped

2 Tbsp unsweetened cocoa powder (we used Ghirardelli)

1 tsp grated orange zest + additional for garnish

1 c thawed frozen whipped topping (we used Truwhip)

Fresh mint (for garnish)

1½ c fresh raspberries

**1. COMBINE** almond milk, chocolate, and cocoa in small saucepan. Cook over medium heat, stirring occasionally, until chocolate melts. Transfer to bowl and stir in 1 tsp grated orange zest. Cool completely.

**2. FOLD** whipped topping gently into chocolate mixture until smooth. Cover and chill until set, about 2 hours. (Makes about 2½ cups.)

**3. SPOON** into 6 small serving bowls, top with mint and additional orange zest, and serve with raspberries.

**NUTRITION** (per serving) 199 cal, 4 g pro, 23 g carb, 5 g fiber, 14 g sugars, 13.5 g fat, 8.5 g sat fat, 26 mg sodium