

Low-Carb Lemon Mousse

Lemon Curd

- 4 Tbsp Butter (1/2 Stick)
- 1/2 Cup Lemon Juice (Prefer Fresh)
- 1 Cup Sugar Equivalent Artificial Sweetener
- 3 - Eggs
- 1 - Egg Yoke
- 1 Pinch Salt

- ☐ Cut butter into pieces (8 - 10 pcs). Put into freezer until needed.
- ☐ Blend remaining ingredients together.
- ☐ Heat slowly in small sauce pan or double boiler. Wisk or stir frequently.
- ☐ When curd begins to thicken to the point where it coats the spoon, or leaves a trail when the bottom of the pan is scraped with a spatula, or is 170 F, remove from heat (do not let it get to a boil).
- ☐ Immediately wisk or stir in butter. Keep stirring until the butter is fully incorporated.
- ☐ Put in airtight container. A piece of plastic wrap on the surface will keep a "Skin" from forming.
- ☐ Cool Completely (it will thicken a bit more). It can keep in the refrigerator or up to one week.

1 Tablespoon of lemon curd has a little less than 1/2 gram of effective carbs, plus 1 gram protein, 3 grams fat and 30 calories.

Low-Carb Lemon Mouse

- 1 - Recipe Lemon Curd as per above.
- 2/3 Cup Heavy Cream (Preferably not ultra-pasteurized).
- 1 Tsp. Vanilla Extract
- 2 - 3 Tbsp Sugar Equivalent Artificial Sweetener

- ☐ Whip cream with vanilla and sugar substitute.
- ☐ Mix with Lemon Curd. Adjust sweetener to taste.
- ☐ Steps
- ☐ Serve in desert dishes, or to be fancy, wine or martini glasses.
- ☐ Berries or mint make a nice garnish. Refrigerate until served.

Yield: Makes 6 Servings.

Comments: 1) Each serving has 2 grams of effective carbs, 4 grams protein, and 209 calories.

2) This is a light but satisfying desert that will not mess up your low-carb diet.