

Helergon Kitchen

Chocolate Mousse Brownies – Creamy Decadent Dessert

20 min Prep time	**15 min** Cook time	**35 min** Total time
8 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

Brownie Base

- [ ] 1/2 cup unsalted butter, melted
- [ ] 8 oz dark chocolate, chopped
- [ ] 3/4 cup granulated sugar
- [ ] 2 large eggs
- [ ] 1 tsp vanilla extract
- [ ] 3/4 cup all-purpose flour
- [ ] 1/4 tsp salt

Chocolate Mousse

- [ ] 1 cup heavy cream, chilled
- [ ] 3 large egg whites
- [ ] 1/4 cup granulated sugar
- [ ] 4 oz dark chocolate, melted and cooled
- [ ] 1 tsp vanilla extract

Finish

- [ ] 2 tbsp dark chocolate, melted for glaze
- [ ] Cocoa powder for dusting

Instructions

1. Preheat the oven to 350°F (175°C). Line an 8-inch square pan with parchment; this keeps the brownies from sticking.
2. In a saucepan, melt butter and dark chocolate together over low heat, stirring until smooth. Remove from heat and let cool slightly.
3. Whisk sugar into the melted chocolate, then add eggs one at a time, mixing gently. Stir in vanilla, flour, and salt until just combined.
4. Spread the batter evenly in the prepared pan. Bake for 12-15 minutes, until the center is set but still soft. Let cool completely.
5. While the brownie cools, whip heavy cream to soft peaks; set aside.
6. In a clean bowl, beat egg whites until foamy, add sugar gradually, and continue beating to soft peaks.
7. Fold melted chocolate into the whipped cream, then gently fold the egg white mixture, preserving the air.
8. Spread the mousse over the cooled brownie layer, smoothing the top. Refrigerate for at least 30 minutes.

9 Before serving, drizzle melted chocolate glaze over the mousse and dust lightly with cocoa powder.

Nutrition per serving

420 kcal	6 g	45 g	25 g
Calories	Protein	Carbs	Fat

Tips & notes

- Make sure the brownie is completely cooled before adding the mousse; warmth can melt the mousse.
- Do not over-whip the cream or egg whites; a soft peak keeps the mousse light.
- For extra shine, melt a little extra chocolate and brush lightly just before serving.