

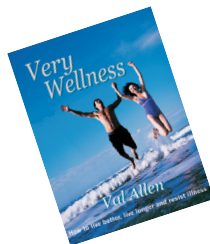
Jaffa Mousse

Smooth, silky and sublime! This mousse is incredibly easy to make, with the mandarin pulp requiring no setting agent.

2 large mandarins, well washed
¾ cup reserved cooking water
1½ cups carob bits, or organic chocolate
1 tsp organic cocoa powder
2 eggs
Mandarin segments and mint leaves, to garnish

Place unpeeled mandarins in a small saucepan and cover with water. Bring water to boil, reduce heat to simmer and cook for 1 hour. Remove mandarins from saucepan and reserve cooking water. Allow mandarins to cool, before slicing into 4. Remove any seeds. Place mandarins (including skin) into a food processor. Add ¾ cup reserved cooking water, carob bits, cocoa and eggs, and process for 2 minutes until smooth and silky. Pour into four 1-cup moulds or one 800ml (26 fl oz) mould. Chill for 2 hours until set. Serve garnished with mandarin segments and mint leaves.

Serves 4



This recipe is from *Very Wellness* by ANTA life member Val Allen.

For more information visit pnmc.com.au/verywellness.html