

KETO KEY LIME MOUSSE

Servings: 2

Prep Time: 10 minutes

Chill Time: 30 minutes (optional, but recommended)

Ingredients:

4 oz cream cheese, softened

¼ cup heavy whipping cream

2 tbsp fresh key lime juice

½ tsp vanilla extract)

Zest of 1 key lime (for an extra citrus kick)

Pinch of salt

(balances flavors and enhances creaminess)

Optional Keto-Friendly Garnish

Crushed toasted almonds or pecans

(for a crunchy, crust-like effect)

Unsweetened coconut flakes

(adds texture and tropical flavor)

Lime zest curls (for a fresh, citrusy aroma)

Directions:

- Whip the cream cheese – In a medium mixing bowl, use a hand mixer (or a strong whisk) to beat the softened cream cheese until light and fluffy.
- Add heavy cream & vanilla – Pour in the heavy whipping cream and vanilla extract. Continue whipping until smooth and slightly airy.
- Incorporate key lime juice & zest – Stir in the fresh key lime juice and lime zest. Right now, it will taste tart, but after eating the miracle berry, it will be perfectly sweet and balanced—just like real key lime pie filling.
- Taste & Adjust (Pre-Miracle Berry Test) – If you want a richer consistency, add a bit more heavy cream. If you love that citrus punch, add an extra sprinkle of lime zest.
- Chill (Optional, but Recommended) – Transfer the mousse into small ramekins or serving bowls and let it chill in the fridge for at least 30 minutes. This thickens the texture, making it even more like key lime pie filling.
- Eat a Miracle Berry & Enjoy! – Let a miracle berry tablet dissolve completely on your tongue before digging in. Once the effect kicks in, the limey tartness transforms into a perfectly sweet, tangy, and creamy mousse—no sugar needed!