

Tickle your tastebuds with feel-good recipes from Dr. Olivier Courtin that help promote beautiful skin.

MY CHOCOLATE MOUSSE

RECIPE

Melt the chocolate in a bain-marie, let cool slightly.

Separate the eggs.

Beat the yolks. Beat the whites in a mixer until they form firm peaks.

Slowly add the chocolate to the egg yolks (if it is too hot it will cook them!), then, with a rubber spatula, fold in the stiff egg whites without breaking them.

Refrigerate for 2 hours before serving.



FOR 4 people

PREPARATION 10 minutes

- 7 oz. (200 g) dark chocolate (75% cacao)
- 6 eggs