



Chocolate pots

Prep: 10 minutes • Cook: No cooking required • Serves: 4



Ingredients

150ml double cream
15g icing sugar
20g cocoa powder
1 teaspoon vanilla essence
10g dark chocolate, grated

- 1 Whip the cream until it is holding its shape.
- 2 Mix the icing sugar, cocoa powder and vanilla into the cream.
- 3 Whip the mixture again until it forms soft peaks then spoon mix it into four individual pots or glasses.
- 4 Sprinkle with grated chocolate and serve.

Nutritional info

Low phosphate ✓
Low potassium ✓
Low fat (less than 3g/100g) ✗
Carbohydrate **7g**
Low protein ✓
Low salt ✓
Cost per portion (June 2022) **41p**
Energy in kcals **229**