

# Curd cheese mousse

with honey



## Nutrition value

Energy	192 kcal
Carbohydrates	9 g
BE	0.8
Protein	12 g
Fat	12 g
Potassium	107 mg
Phosphate	143 mg
Sodium	36 mg
Water	81 ml

All nutritional information per serving.  
This corresponds to ¼ of the total recipe.

## Ingredients to serve 4

300 g curd cheese	2 TBSP of orange juice
2 pinches of poppy seeds	100 g whipped cream
Zest of one orange	1 TBSP of orange marmalade
2-3 TSP of honey	2 strawberries and currants for garnishing
4 sheets of gelatin	



Dessert

## The curd cheese mousse ...

Mix the curd cheese, poppy seeds, orange zest, and honey together until well blended. Soften the gelatin in cold water, squeeze out the water, and then slowly melt in orange juice at low heat (important: never boil gelatin!). Fold into the curd cheese mixture with care.

Allow to cool off, then carefully fold in the whipped cream. Place the mixture into dessert molds and refrigerate for 2 hours.

## The sauce ...

Blend together 1 tablespoon of orange marmalade and 1 tablespoon of orange juice. Pour over the cream cheese mousse. Garnish with the berries.

