Posted on 2 April 2018

by Liz Robb

This tangy soft set lime mousse, topped with fresh raspberries and blueberries, is

a light and refreshing dessert which is quick and easy to make.

Ingredients

230 ml whipping cream
115g caster sugar
140g full fat cream cheese
60ml full fat soured cream
2 limes
1 teaspoon of vanilla extract
75g fresh raspberries
75g fresh blueberries
A little icing sugar
Servings
6
Person

Preparation

1. Whip the whipping cream until it has reached the 'soft peak' stage, then place in the fridge to chill.
2. In another bowl, put the sugar and the cream cheese and beat until well mixed.
3. Spoon the soured cream into the cream cheese and sugar and beat again, until smooth.
4. Finely grate the zest of 1 lime and add to the mixture, add a teaspoon of vanilla extract and then whisk again.
5. Add the chilled whipping cream, a spoonful at a time, and gently fold into the mixture until it is all incorporated.
6. Add the juice of 1 and a half to 2 limes, to taste, again folding it in gently.
7. Spoon the mousse into 6 small glasses, to about three quarters full. Place in the fridge to chill for 2-3 hours.
8. When you are ready for dessert, top each mousse with 3 raspberries and about 6 blueberries. Dust with a little icing sugar and serve immediately.

Cooks Note

I normally use low fat versions of cream and cream cheese but, as this recipe contains no gelatine, it is better to use full fat ingredients to help the mousse to set when chilled.
This dessert is made a few hours in advance, and so is quickly ready to serve.