



Dulce de Leche Mousse

Serves twelve

4 egg whites
1 TBS confectioner's sugar
2 cups very cold heavy cream
1 TBS rum or brandy
1 cup dulce de leche
Dark chocolate shavings for garnish - optional

Beat the egg whites until they start getting stiff. Add the confectioner's sugar and continue beating until you have soft peaks. Refrigerate.

Beat the cream. When it starts getting thick add the rum or brandy. Continue beating until cream stiffens. Add the dulce de leche and beat until thick and soft peaks form.

Carefully fold in the stiffened egg whites into the beaten cream. Spoon into ramekins. Cover loosely with plastic and refrigerate for at least 2 hours.

Garnish with chocolate and serve. Enjoy!

Mousse w/o garnish - CALORIES 207.95; FAT 16.20 grs (sat 10.07; mono 4.67; poly 0.62); PROTEIN 3.31 grs ; FIBER 0.00 grs; CARBS 12.17 grs; CHOLESTEROL 60.28 mg; IRON 0.05 mg; SODIUM 57.86 mg; CALCIUM 74.21 mg