



## GROCERY LIST

### Dark Chocolate Mousse

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1/3 cup dark chocolate chips (60g)  
1/2 cup heavy cream (120g)  
Pinch of salt  
1/2 tsp vanilla extract

#### TIP FROM THE DOC

When shopping for chocolate chips, cacao should be the first ingredient list, with cocoa butter high on the list. The fewer ingredients listed, the better! Sunflower lecithin is preferred over soy lecithin. Avoid any fillers or flavorings.