

# Chocolate French Silk Dessert



**Plan Z Phase:** This is a Z3 (ZReboot) recipe.

***Chocolate!** A recipe for a creamy, decadent chocolate dessert.*

*It's not the chocolate that's bad for you. It's the sugar. Use full-on chocolate coming in at least at 62% or more cacao and you're set to have chocolate in small quantities on ZReboot.*

**Servings:** 4 – 5 servings,  $\frac{1}{2}$  cup each.

## **Ingredients:**

- 1 cup of heavy cream, whipped
- 2 tsp of organic vanilla
- 8 oz of cream cheese softened (use the full fat kind)
- 3 Tbl of unsweetened cocoa
- 6 – 8 tsp of Truvia (stevia)

## **Instructions:**

Whip the cream with your mixer. While it's thickening, you can add your vanilla.

When the cream forms peaks turn off your mixer and add the cream cheese, the cocoa and the stevia. Turn back on to whip some

more; just to mix it up. Taste it. This is intended to be a very deep-flavored chocolate confection. Start with six tsp of Truvia and see if you like it. If it's not sweet enough for you add the extras but try to train your taste buds not to need so much sweetness.

Serve this in pretty cups and shave chocolate curls on top for an extra bit. Use bittersweet chocolate; Scharffen Berger is fabulous! Even serve using demitasse spoons if you have them. Eating this in teeny bits makes it last so long and helps you enjoy it even more.

Chill in your refrigerator until ready to eat. If you are going to serve it the next day cover it with plastic wrap.

Enjoy!

Cheers,