

CAPUCCINO MOUSSE
pictured on page 108

A low-calorie quickie in which chocolate lovers may blithely indulge.

2 squares (1 oz. each) semisweet chocolate, coarsely chopped
 $\frac{1}{2}$ teaspoon instant coffee
Dash cinnamon
 $\frac{1}{3}$ cup boiling water
2 egg yolks
4 egg whites, at room temperature
Low-calorie whipped topping for garnish (optional)

Place chopped chocolate, coffee and cinnamon in blender container. Blend at medium-speed for 10 seconds. Add boiling water and blend for 30 seconds, scraping down sides once. Add egg yolks and blend for 15 seconds.

In medium bowl beat egg whites until stiff. Fold chocolate mixture into whites with a rubber spatula. Spoon into a bowl or individual serving dishes. Chill for at least 2 hours before serving. Garnish. Makes seven $\frac{1}{2}$ cup servings. About 65 calories each without topping.

Mousse