

Plate Dream

Mango Mousse Cake

A breezy mango mousse cake that feels like a soft, sun-kissed cloud on your plate.

20 min Prep time	**20 min** Total time	**8** Servings
Easy Difficulty	**International** Cuisine	**Dessert** Course

Ingredients

Mousse

- [ ] 2 cups ripe mango puree (about 3 large mangoes)
- [ ] 1 cup heavy whipping cream, chilled
- [ ] 2 tbsp granulated sugar
- [ ] 1 tsp vanilla extract
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp gelatin powder, dissolved in 2 tbsp warm water

Base

- [ ] 1 cup finely crushed graham crackers or buttery shortbread
- [ ] 2 tbsp melted butter
- [ ] 1 tbsp sugar

Instructions

1. Blend the mango flesh until silky; add lemon juice, sugar, and vanilla, then set aside.
2. Whisk the chilled cream to soft peaks; gently fold the mango puree into the whipped cream.
3. Stir the dissolved gelatin into the mango-cream mixture, ensuring it's fully incorporated.
4. Press the butter-mixed crumbs into the bottom of a 9-inch springform pan; chill for 10 minutes.
5. Pour the mousse over the chilled crust, smooth the top, and refrigerate for at least 1½ hours.
6. Before serving, garnish with fresh mango slices, a drizzle of moist fruit cake topping if desired, and a sprig of mint.

Nutrition per serving

280 kcal	4 g	34 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mousse looks slightly runny after folding, give it a few minutes in the fridge to firm up.
- A quick taste of the mango puree will tell you whether you need extra sugar.
- For a festive twist, add a pinch of ground cardamom to the mango puree.