

Apple Mousse

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Most people associate chocolate with mousse, but apples make for a whipped, smooth mousse that's full of fruity freshness.

Ingredients:

4 large apples, cored, peeled, sliced

1 ½ cups water

¾ cup sugar

2 tablespoons lemon juice

2 teaspoons cornstarch

Directions:

- 1) Place apples, water, and sugar in a large pot; bring to a boil over high heat. Reduce to a simmer and cook, covered, until apples are very soft, 20 to 25 minutes.
- 2) In a small bowl, whisk together lemon juice and cornstarch until no lumps remain. Add to apple mixture and cook, stirring to break down lumps, 5 minutes. Remove from heat and cool.
- 3) Transfer mixture to a food processor and puree until smooth. Pour into dessert cups and chill.