


Julie Zyromski

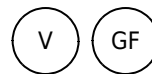
Ultra light fruit mousse and crunchy almond bites

Portions: 8

Preparation: 25 minutes

Cooking time: 15 minutes

 8



Ingredients

Crunchy almond bites

1 cup (250 ml) whole almonds
1 cup (250 ml) slivered almonds
 $\frac{1}{4}$ cup (60 ml) water
 $\frac{1}{4}$ cup (60 ml) maple syrup
1 cup (250 ml) sugar
1 teaspoon (5 ml) vanilla extract
 $\frac{3}{4}$ teaspoon (4 ml) baking soda
1 tablespoon (15 ml) butter

Mousse

Un grand contenant (473 ml) whipping cream 35%
 $\frac{1}{4}$ cup (60 ml) sugar (optional, if you want a less sweet version)

Lemon zest

1 teaspoon (5 ml) vanilla extract

One jar and a half of Bonne Maman Intense Spread, flavour of your choice*

Fresh fruit of your choice (optional)

* Chef's tip : For a smoother texture, before filling your jars, mix the content of the Bonne Maman spread with a spoon so it becomes more liquid.

Steps

1. Preheat the oven to 350°F. Mix together the almonds and roast until golden, about 20 minutes. Remove from the oven and set aside.
2. In a heavy saucepan, mix together the water, maple syrup and sugar. Bring to a boil, without stirring until a golden caramel forms.
3. While cooking, prepare all other ingredients for the bites.
4. Once the caramel is golden, remove from heat and add, all together, vanilla extract, baking soda, butter and almonds. Mix quickly and immediately transfer onto a parchment paper. Spread the mixture well in order to form small bites. Rapidly, the caramel will become brittle and dry. It is therefore important to have all the ingredients ready before this step.
5. Set aside and let cool.
6. In a large bowl, mix together the cream, sugar, lemon zest and vanilla extract until it forms stiff peaks, but still smooth.
7. For assembly, form your fool with a generous spoonful of Intense Spread Bonne Maman (about 1 teaspoon [15 ml]), a portion of whipped cream and another generous spoonful of Intense Spread on top. You can leave it as is and add the crunchy almond bites or slightly mix with a spoon the spread to the whipped cream before adding the almond bites.
8. Garnish with fresh fruit, if desired.