



Sweet and savoury mousses CNTA

Like a
PRO



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LIKE-A-PRO is a EU-funded project aiming to facilitate sustainable and healthy diets by mainstreaming alternative proteins and products, making them more available, accessible and acceptable.

Benefits of alternative protein-based mousses

Alternative protein-based mousses offer opportunities to diversify protein sources while providing additional nutritional benefits within familiar food categories such as desserts and savoury appetizers. Depending on the formulation, these products can also offer higher fibre content or alternatives suitable for vegan and lactose-free diets. These attributes create opportunities for manufacturers to develop nutritionally differentiated products while maintaining the sensory appeal and convenience consumers expect from traditional mousses.



Development challenges

Developing alternative protein-based mousses requires balancing nutritional differentiation with the texture, flavour and appearance expected from familiar desserts and savoury appetizers. Key development considerations include achieving suitable aeration and creaminess, managing changes in firmness during refrigerated storage, and maintaining microbiological safety and sensory quality. Moving to industrial production also requires validation of mixing, aeration and preservation processes to ensure consistent product performance.



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CNTA's solution

Within LIKE-A-PRO, CNTA developed two sweet chocolate mousses incorporating fava bean and microbial proteins, respectively, and one savoury mousse formulated with krill protein. The formulations were designed to preserve the familiar taste and texture of conventional chocolate and seafood mousses while introducing alternative protein sources and additional nutritional benefits.

The mousses were produced using conventional kitchen equipment for mixing and aeration, and evaluated for nutritional composition, microbiological quality, texture and sensory performance during refrigerated storage. The developed solutions offer four key advantages:



Nutritional differentiation in sweet mousses

Both sweet formulations offer vegan, dairy-free alternatives to conventional chocolate desserts. Their fibre content is a key differentiator, reaching 3.47 g/100 g in the fava bean mousse and 6.17 g/100 g in the microbial protein mousse.



A favourable fat profile in the savoury mousse

The krill formulation combines an alternative marine protein source with lower fat and energy content than selected conventional seafood mousses and pâtés, alongside a favourable saturated fat profile.



Extended refrigerated shelf-life

Following pasteurisation, all three mousses demonstrated a refrigerated shelf-life of at least 90 days under the tested conditions, with satisfactory microbiological and sensory performance. Combined with their ready-to-eat format, these results support their potential for market introduction through supermarkets, cafés, restaurants and catering services.



Potential for production scale-up

All three formulations show potential to be scaled up and integrated into existing production lines given the use of established mixing and aeration technologies, although further industrial-scale validation is required.

Path to market and commercial potential

The path to market of CNTA's alternative mousses is based on a B2B model involving the transfer and licensing of proprietary formulations and processing know-how to industrial food manufacturers with established manufacturing, distribution, and commercialisation capabilities. CNTA would provide technology development, formulation optimisation and technical support, while industrial partners would be responsible for scale-up, production and commercialisation under their own brands or private-label portfolios.

Overall, growing demand for dairy-free desserts and convenient, ready-to-eat appetizers, together with innovation and premiumisation in the seafood category, supports the commercial potential of CNTA's mousses.