

Silken Tofu Chocolate Mousse

Led by Karin Drosdick

Ingredients

- 3.5 ounces roughly chopped dark chocolate
- 1 package (12 ounces) organic silken tofu **at room temperature, drained**
- 2 tbsp maple syrup

Directions

Step 1.

Melt the chocolate in the microwave in 30 second intervals, stirring each time, until the chocolate is melted. Set aside to cool at room temperature.

Step 2.

Meanwhile, place the silken tofu and maple syrup in a food processor and blend until very smooth. Add the melted chocolate and blend until well combined.

Step 3.

Scoop the mixture into 3 ramekins or glasses and refrigerate for 30 minutes.

Step 4.

To serve, garnish with chocolate shavings, raspberries, blackberries and a sprig of fresh mint.

Step 5.

Leftovers will keep in the fridge for up to 3-4 days

Cooking Notes

Add silken tofu to your smoothies to add extra protein. There is also ice cream at the store called Tofutti which is tofu-based ice cream for those who can't tolerate milk.

Levels have to do with water content.

Extra firm - is good for marinating

Firm - break up and make a tofu scramble with veggies, stir fries

Soft - Blend into salad dressings, dips for a low calorie option

Silken - blend into puddings or smoothies.

Enjoy!!