

# **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!!