

Dark Chocolate Tofu Mousse

Yield: 8 individual servings

Ingredients:

- 1 package silken tofu
- 2-3 tablespoons maple syrup (or other sweetener of choice)
- 1 teaspoon vanilla extract
- 1 tablespoon water
- 1/4 teaspoon sea salt
- 8 ounces dark chocolate chips or baking bar

Optional toppings: chopped strawberries, raspberries, coconut flakes or chopped nuts

Procedure:

1. Place tofu, maple syrup, vanilla, water, and sea salt in blender and blend until smooth.
2. Place chocolate in microwave safe bowl. If using a bar, chop chocolate into small pieces. Microwave for 30 seconds and stir well. Repeat in intervals until chocolate is melted and smooth. Alternatively, you can melt chocolate on the stovetop in a double boiler.
3. Pour chocolate into blender with tofu mixture and blend on high until chocolate is incorporated and mixture is smooth.
4. Pour individual servings into small ramekins or glass cups. Refrigerate for 30 minutes to set before adding toppings. Keeps well in the refrigerator for up to 4 days.

