



From the Kitchen of Executive Chef Jessica VanRoo

Chocolate Tofu Mousse

Ingredients

3 ½ ounces dark chocolate

1 twelve ounce package of silken tofu at room temperature, drained
2-3 tablespoons of sweetener, honey, agave, maple syrup, monk fruit
syrup, etc.

½ teaspoon pure vanilla extract

Fresh fruit, coconut shavings, or chocolate shavings to garnish

Instructions

1. Melt the chocolate on top of a double boiler. Alternately, you can melt your chocolate in the microwave in 30-second intervals, stirring between intervals. Do not overcook. Be patient.
2. Combine the tofu, sweetener of choice, and vanilla in a food processor and blend until smooth. Add the chocolate and mix until well blended.
3. Portion the mousse into 4 ramekins and refrigerate for at least 30 minutes. Garnish with fresh fruit, more chocolate, or even coconut before serving.

*Recipe serves 4. Refrigerate leftovers for up to 4 days.