



Chocolate Mousse



Dessert, Pudding/Pie Filling

Prep Time: 10 minutes **Cook Time:** Chill for 0-24 hours **Difficulty:** Easy **Servings:** 6-10

servings **Source:** adapted from PCRM Cancer Survivor's Guide

INGREDIENTS

2 packages (12 ounces ea) Mori-Nu ORGANIC silken tofu

1 teaspoon vanilla extract

1/2 to 1 cup almond milk (or other non-dairy milk)

1/4+ cup cocoa powder

1/3 cup sweetener (maple syrup, agave nectar, honey, dates, or date paste)

Soy-Free version: substitute 3 cups total of avocado/yam mixture (1 avocado + cooked yams) for the tofu

Textured version: Pour processed ingredients into a bowl (use 1 cup almond milk option for this version) and then by hand mix in 1/4 cup chia seeds. These seeds will make for a thicker mousse (my favorite).

DIRECTIONS

Before you begin...Note: there are two ways of thickening this mousse.

#1 Add a smaller amount of non-dairy milk and use a non-liquid sweetener.

#2 Manually add 1/4+ cup of chia seeds AFTER blending and let set for at least 20 minutes (or overnight) in refrigerator.

Put all ingredients in food processor and blend until smooth.

Pour into a serving bowl, pie crust, or small single serving bowls.

Best chilled for 2-4 hours before serving.

Serve topped with seasonal fruit: strawberries, tangerines, peaches, pears, bananas...

Experiment with a spice for accent: cinnamon, cloves, nutmeg, pumpkin pie spice blend, peppermint...

NOTES

When consumed in moderation, this is a more healthful version of the traditional high-fat, high calorie French delicacy. Chocolate contains the phenolic compounds gallic acid and epicatechin, which are important antioxidants for cancer prevention. Cornell researchers have found that cocoa has nearly twice the antioxidants of red wine and up to three times those found in green tea. Enjoy!!!