

Tofu Chocolate Mousse
Makes 8 servings

1/2 a 14oz. package silken tofu, drained
1/4 cup honey or maple syrup
1 t vanilla extract
3/4 cup semi sweet chocolate chips



Place tofu, honey, and vanilla extract in a food processor and blend until completely smooth, at least 20 seconds. Leave tofu mixture in blender. Melt the chocolate chips using a double boiler* or a microwave. After ensuring the chocolate is completely melted, add it to the tofu mixture and process until completely combined. You may need to scrape the sides of the processor a few times to ensure everything is properly blended. Pour into desired serving container (such as a wine glass) and allow to chill until set.

Nutrition information per serving:
150 calories, 7g total fat, 3 g protein, 22 g carbohydrate, 0mg sodium.

*A double boiler gently heats via steam to avoid burning. They are made by placing a bowl over a pan of steaming water (as pictured to the right) and allowing the steam to heat the contents of the bowl.



Recipe from JWU Wellness and Sustainability workshop

