

Tofu Chocolate Mousse

Ingredients

3 1/2 oz Dark Chocolate (100 grams,
chopped)
12 oz Silken Tofu (drained)
2 T Maple Syrup

Instructions

- 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.
- 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.
- 3.Scoop the mixture into 3 ramekins, and refrigerate for at least 30 minutes.
- 4.To serve, garnish with chocolate shavings, berries, whipped cream, and a sprig of fresh mint. Leftovers will keep in the fridge for up to 3-4 days