

Tofu Strawberry Mousse

Ingredients

16 oz Silken Tofu
12 oz Frozen Strawberries
1/4 c Maple Syrup
1/4 c Coconut Oil
2 t Vanilla Extract
1 T Lemon Juice

Instructions

- 1.Heat the strawberries and 1/4 cup maple syrup in a medium saucepan. Cook on medium until it begins to simmer. Turn down to medium/low and simmer for 10 minutes or until the strawberries are tender.
- 2.Add the coconut oil to the hot strawberries and mix. Put the tofu, strawberry mixture, vanilla and lemon into a blender and blend until smooth.
- 3.Taste, add more maple syrup, if desired, and blend again. Pour into individual custard cups. Refrigerate for least 1 hour or overnight.
- 4.To serve, mix to get a creamy texture if desired. Serve alone or with your favorite toppings.