

# Carob Mousse

## Ingredients:

3 cups raw cashews  
2 1/4 cups unsweetened soy milk  
1 TS vanilla extract  
1/3 cup carob powder  
12 -14 pitted Medjool dates (to taste)  
1/4 tsp salt



\*VEGAN



\*GLUTEN-FREE

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>1/4 cup (56g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 12g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 135mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Instructions:

1. Rinse the cashews and soak overnight.
2. Drain the water from cashews and place it on a high speed blender or food processor, along with all the other ingredients, and blend until smooth.
3. Refrigerate and serve topped with berries or the fruit of your choice.

Recipe by Maggie Carneiro