

Smooth Chocolate Mousse

Ingredients:

1 (16 oz.) package silken tofu, drained and roughly chopped
 1/4 cup maple syrup
 1/4 cup cocoa powder
 1/2 tsp ground cinnamon
 1 tsp. vanilla
 1/8 tsp. salt

Optional garnish:

Hazelnuts, mint, berries, and dark chocolate shavings.

5 Servings

Instructions:

1. Combine all ingredients into a blender and blend until smooth.
2. Blend until the mixture is smooth and creamy.
3. Let it set in the freezer for 10 minutes, or in the fridge for 30 minutes before serving.
4. Garnish the mousse with hazelnuts, berries, mint, and/or dark chocolate shavings.



Nutrition Facts

4 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 6g Added Sugars	12%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 95mg	8%
Iron 2mg	10%
Potassium 106mg	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.