



# Silken Chocolate Mousse

Prep: 25 minutes | Cook: 5 minutes | Chill: 1 hour | Total: 1 hour 30 minutes

Yield: 8 servings | Serving Size: ½ cup

## Ingredients

- 1 (16-ounce) block tofu, excess liquid drained and discarded
- ¾ cup semi-sweet mini chocolate chips (about 6 ounces)
- 3 tablespoons water
- 3 tablespoons unsweetened cocoa powder
- 2-3 tablespoons powdered sugar, to taste
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- ½ cup fresh raspberries (optional), divided

## Directions

1. Place the tofu in a blender or food processor. Blend until smooth and creamy. Set aside.
2. In a microwave-safe glass bowl, add the chocolate chips, water, and cocoa powder.
3. Microwave for 30 seconds at a time, stirring in between each, until the chocolate is just finished melting, about 1½-2 minutes total. Stirring in between cooking bursts is important to keep the chocolate from burning.
4. Add the melted chocolate mixture to the tofu in the blender, along with the powdered sugar, vanilla, and cinnamon. Blend until smooth and small air bubbles form, about 1-2 minutes.
5. Divide the mixture between eight serving cups and chill until the mousse firms up, about 1 hour in the refrigerator (or 20 minutes in the freezer).
6. Top with raspberries if desired. Serve cold.

## Recipe Notes

- Tofu is a plant-based protein that takes on the flavor of whatever you pair it with—in this case, chocolate!
- If you don't have mini chocolate chips, you can use regular chocolate chips. They may just take longer to melt.
- To save time, consider serving this dish warm as a pudding.

**Nutrition Facts Per Serving: Calories: 110 | Total Fat: 5 g | Saturated Fat: 2 g  
Sodium: 20 mg | Total Carbohydrate: 12 g | Dietary Fiber: 1 g | Protein: 5 g**

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