

Chocolate Mousse



Makes:

10 servings

Utensil:

Blender

Saladmaster Food Processor

1 Qt./9 L Sauce Pan with Cover

Rate ★★★★★

Recipe:

Contributed By:

The Cancer Project of the Physicians Committee for Responsible
Medicine

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Recipe Description:

This vegan recipe is a more healthful version of the traditional delicacy. It is lower-fat, cholesterol-free and absolutely delicious! And, did you know that chocolate contains the phenolic compounds gallic acid and epicatechin, which are important antioxidants for cancer prevention. This dairy-free treat is sure to please even the pickiest of dessert eaters!

1 cup
non-dairy semisweet chocolate chips
(240 g)
½ cup
soy or other non-dairy milk
(120 mL)
1 12 ounce package silken tofu, firm or extra firm
(349 g)
⅓ cup
agave nectar
(112 g)
1 teaspoon
vanilla extract
(5 mL)
1 10-inch ready-made low-fat graham cracker crust (optional)
10 strawberries, sliced, use Cone #4

Directions:

1. Melt chocolate chips in sauce pan over low heat, approximately 3-5 minutes, stirring occasionally.

2. Place non-dairy milk, tofu, agave nectar and vanilla in blender and process until smooth. Once smooth, add melted chocolate chips and process again until smooth.
3. Pour into glass bowl or graham cracker crust (if using) and chill for approximately 2 hours in the refrigerator or 30 minutes in the freezer.
4. Garnish with strawberries and serve.

Tips:

- Chill strawberries in the freezer for about 30 minutes before slicing with Saladmaster® machine.
- Add 1 chopped banana to the blender along with the tofu.

Nutritional Information per

▼ Serving

Chocolate Mousse

Calories: 155

Total Fat: 6g

Saturated Fat: 3g

Cholesterol: 0mg

Sodium: 27mg

Total 24g

Carbs:

Dietary Fiber: 2g

Sugar: 10g

Protein: 4g

Chocolate Mousse Pie

Calories: 246

Fat: 10g

Saturated Fat: 4g

Cholesterol: 0mg

Sodium: 103mg

Carbohydrate: 36g

Fiber: 3g

Sugar: 19g

Protein: 5g