

Aussie in the Kitchen, PCS



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Chef Paul's Lite Silken Tofu Mousse

“Lite” and rich chocolate tofu treat

Servings: 6

12 ounces of Lite Silken Tofu (Room temp) my preferred brand and type for this recipe

6 ounces of semisweet chocolate pieces Or Carob pieces

½ teaspoon of Vanilla extract

1 pinch of salt. (This makes all the difference!)

Directions.

Place chocolate chips in a double boiler and melt or melt at 50% in microwave.

Put all ingredients into a food processor and blend well.

Spoon mousse out into parfait glasses and chill for a couple of hours.

Top with fruit and non-dairy whipped topping.

About 120 Calories (depending on the type of tofu)

7 g fat 3g saturated (0.5g from Tofu ... 6.5g from chocolate)

12 g Carbos

0 cholesterol

0 sugars

4 g Protein

Compare that with “Real” Chocolate Mousse.

Calories:	817	Fat:	52g	Carbohydrates:	82g
Cholesterol:	196mg	Sodium:	129mg	Protein:	12g
Fiber:	7g				

So when you just “gotta” have some chocolate mousse ... think of this recipe !

**If you have any questions about this recipe or cooking questions feel free to call me
@ 734-516-0236 or email me at chefpaul@callchefpaul.com**