



One serving (1/3 cup) of Betty Crocker® Chocolate Mousse contains 390 calories compared to 110 calories in this recipe. The Betty Crocker® version also includes sugar, heavy whipping cream, and four egg yolks – bringing the fat content to 32 grams and cholesterol up to 190 mg.

Nutritional Highlights:

Lite Silken Tofu may be found in the refrigerated area near the produce section of your grocery store. This soft silken tofu provides a nice smooth texture, do not use firm tofu.

Helpful Hints:

Tofu Mousse

Serves: 6

Ingredients:

12 ounces Lite Silken Tofu,
room temperature

4 ounces semisweet or bittersweet
chocolate, melted

1/2 teaspoon vanilla extract

1 pinch salt

Optional:

Fruit

Non-fat whipped topping

Directions:

Place ingredients into a food processor and blend well. Scoop out into parfait glass and top with non-fat whipped topping and fruit.



All Star Ingredients:

Tofu:

A lactose-free soy product. Tofu is lower in calories than the whipping cream it's replacing in this recipe. It's estrogen-like properties, called isoflavones, may help alleviate menopausal symptoms and protect against bone loss in post-menopausal women.²

Nutrition Information (per serving):

(Serving Size 1/3 cup)

Calories (kcal):	110
Total Fat (g):	6
Saturated Fat (g):	3
Monounsaturated Fat (g):	2
Polyunsaturated Fat (g):	< 1
Cholesterol (mg):	0
Sodium (mg):	80
Total Carbohydrate (g):	13
Dietary Fiber (g):	1
Sugar (g):	10
Protein (g):	4

Food Exchanges:

0 Grain
1/2 Meat (Protein)
0 Vegetable
0 Fruit
0 Milk
1 Fat
1 Other Carbohydrates



Recipe created by Chef Paul Penney, Certified Personal Chef. For more information about Chef Paul Penney, go to www.callchefpaul.com, or e-mail him at chefpaul@callchefpaul.com