



## Tofu Chocolate Mousse

### Ingredients:

8 oz. firm tofu  
2/3 cup vanilla soymilk or other non-dairy milk  
1/4 cup chocolate chips  
1/4 cup cocoa powder  
1/4 cup sugar (i.e. evaporated cane juice)  
1 tablespoon peanut butter or other nut butter  
2 teaspoons vanilla extract  
1/2 teaspoon salt

1. Bring small pot of water to boil. Cut tofu in several pieces and boil 4-5 minutes (see note below). Drain and submerge tofu in cold water to cool. Drain again.
2. Place all ingredients in blender and blend until completely smooth.
3. Chill mousse thoroughly for a firmer, thicker texture, if desired.

Note: When tofu is used in dish that involves no cooking, tofu should be boiled in water 4-5 minutes to kill any bacteria that may be present.

Variation: For a Mocha Mousse, add 1 tablespoon instant coffee powder to blender in step 2 above and continue as directed.

Yield: 3-4 servings: Refrigerate and use within 5-7 days.

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