

Mint Chocolate Mousse (V)

(Makes 4 servings)

Ingredients:

- 6 ounces silken tofu
- 1 teaspoon cocoa powder
- 3 ounces 70% cocoa dark chocolate (vegan)
- ½ teaspoon peppermint extract
- 1 tablespoon light soy milk or unsweetened almond milk
- 1/8 teaspoon salt
- 1 tablespoon agave nectar



Directions:

1. Melt chocolate in the microwave by placing chocolate in a microwave-safe bowl on low power.
2. Place all ingredients in a food processor.
3. Blend until smooth.
4. Refrigerate until ready to serve.

Nutritional Analysis: (per serving)

- | | |
|-------------------------|----------------------|
| ▪ Calories: 160 | ▪ Sodium: 70 mg |
| ▪ Total Fat: 9 g | ▪ Total Fiber: 2 g |
| ▪ Saturated Fat: 4-5 g* | ▪ Protein: 4 g |
| ▪ Cholesterol: 0 mg | ▪ Carbohydrate: 14 g |

**Varies based on the brand of vegan dark chocolate you choose*

Source:

The Dietitian's Dish, Cleveland Clinic