

Chocolate Tofu Mousse

(Makes 8 servings)

Ingredients:

- 12 ounces silken extra firm tofu
- 2 ripe bananas
- 2 ounces 70 percent cocoa bittersweet chocolate
- 6 tablespoons cocoa powder
- 1 tablespoon and 2 teaspoons agave nectar
- 2 teaspoons vanilla



Directions:

1. Place tofu in food processor and blend until creamy.
2. Add bananas and process until smooth.
3. Melt chocolate and add to tofu along with remaining ingredients. Process until smooth.
4. Transfer to individual dishes or a large bowl.

Nutritional Analysis: (per / $\frac{1}{4}$ cup serving)

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|------------------------|----------------------|
| ▪ Calories: 80 | ▪ Sodium: 0 mg |
| ▪ Total Fat: 4.5 g | ▪ Total Fiber: 2 g |
| ▪ Saturated Fat: 1.5 g | ▪ Protein: 3 g |
| ▪ Cholesterol: 5 mg | ▪ Carbohydrate: 17 g |

Source:

Jim Perko, CEC, AAC, Executive Chef, Cleveland Clinic Wellness Institute, recipe available at:
<http://www.clevelandclinicwellness.com>