

## Chocolate Espresso Tofu Mousse

(Makes 12 servings – Serving Size: ¼ cup)

### **Ingredients:**

- 12 ounces extra firm tofu
- 2 ripe bananas
- 6 tablespoons cocoa powder
- 1 tablespoon, 2 teaspoons agave nectar or real maple syrup
- 2 teaspoons vanilla
- 2 tablespoons instant espresso powder
- 2 ounces 70% cocoa bittersweet chocolate



### **Directions:**

1. Place tofu in food processor and blend until creamy. Add bananas to tofu and process until smooth. Add cocoa powder, agave nectar, and vanilla to tofu banana mixture until thoroughly mixed.
2. Prepare a saucepan of simmering water while shaving chocolate into thin pieces. Place chocolate shavings and espresso powder in a glass or metal mixing bowl. Place bowl on top of the saucepan of simmering water. Use a rubber spatula to mix the chocolate as it begins to melt and promptly remove the bowl from the pot once the chocolate has melted. Be careful the bowl will be hot!
3. Add melted chocolate to tofu mixture and process until smooth.
4. Transfer to individual dishes or a large bowl.

### **Nutritional Analysis:** (per ¼ cup serving)

- |                       |                    |
|-----------------------|--------------------|
| ▪ Calories: 80        | ▪ Total Fiber: 2g  |
| ▪ Saturated Fat: 1.5g | ▪ Protein: 3g      |
| ▪ Cholesterol: 0 mg   | ▪ Carbohydrate: 9g |
| ▪ Sodium: 0 mg        |                    |

### **Source:**

*Cleveland Clinic Wellness Institute*