

Chocolate Mousse

1. Wash hands and surfaces.
2. Melt the chocolate in a microwave safe bowl in 30 second intervals, mixing after every 30 seconds.
3. Once the chocolate is just melted (DO NOT overheat), add it to a blender with the silken tofu, maple syrup, and cocoa powder.
4. Blend on a low speed for 1 minute, scraping as needed.
5. Blend on the highest speed for another minute, trying to incorporate as much air as possible.
6. Divide this mixture evenly amongst 5 small bowls (or cups).
7. Refrigerate for at least an hour before serving to let it firm up.
8. Serve and enjoy!

Mousse de Chocolate

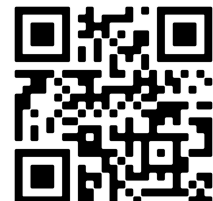
1. Lavarse las manos y las superficies.
2. Derrita el chocolate en un recipiente apto para microondas en intervalos de 30 segundos, mezclando cada 30 segundos.
3. Una vez que el chocolate se haya derretido (NO lo sobrecaliente), agréguelo a una licuadora con el tofu sedoso, el jarabe de arce y el cacao en polvo.
4. Licue a baja velocidad durante 1 minuto, raspando según sea necesario.
5. Licúa a la velocidad más alta durante otro minuto, tratando de incorporar la mayor cantidad de aire posible.
6. Divida esta mezcla de manera uniforme entre 5 tazones (o tazas) pequeños.
7. Refrigere por lo menos una hora antes de servir para que se endurezca.
8. ¡Servir y disfrutar!



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Prepared by Rhode Island Community Food Bank's Healthy Habits, Eating Well on a Budget Program | June 2022. Contact: Flannery Sullivan, Community Nutrition Manager | (401) 230-1671 | fsullivan@rifoodbank.org



Chocolate Mousse

Creamy and chocolaty dessert made with tofu.
Postre cremoso y chocolatoso a base de tofu.



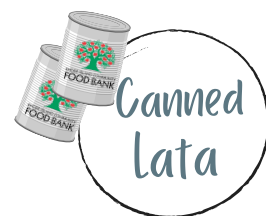
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|--|-------------------|
| Servings/ Porciones | 5 Portions |
| Cost of Recipe/ Costo de Receta | \$5.61 |
| Cost per Serving/ Costo por Porción | \$1.12 |

healthy recipes



LOGO KEY/CLAVE DE LOGOTIPO:

This ingredient can be swapped for another form!
¡Este ingrediente se puede cambiar por otra forma!



Ingredients / Ingredientes:



1 CUP
1 TAZA



1 TBSP
1 CDA

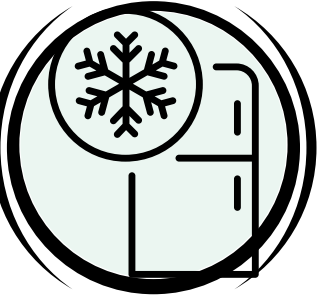


3 TBSP
3 CDA



1 BLOCK
1 BLOQUE

Tools Needed / Instrumentos:



TSP = teaspoon
TBSP = tablespoon

CDITA = cucharadita
CDA = cucharada

Directions / Direcciones:

