Chocolate Raspberry Mousse

Source: Food for Life

When consumed in moderation, this is a healthier version of the high-fat, high-calorie French delicacy.

About the Recipe

127 Calories · 7.8 g Protein · 1.9 g Fiber
Dessert
Gluten-free · Nut-free

Tofu is rich in protein and calcium.

Ingredients

Makes 4 Servings

- 1 lb (454 g) soft silken tofu
- 1/2 c fresh raspberries
- 2 tbsp (11 g) cocoa powder
- 1/3 to 1/2 c (80 to 120 mL) maple syrup, (to taste)
- 1 tsp (5 mL) vanilla or raspberry extract **optional*

Directions

1. Place all ingredients in a blender and process until completely smooth. Spoon into small bowls and chill well before serving.

Nutrition Facts

Per serving:
Calories: 127

Fat: 1.4 g
- **Saturated Fat:** 0.4 g
- **Calories from Fat:** 9.5%

Cholesterol: 0 mg
Protein: 7.8 g
Carbohydrate: 22.3 g
Sugar: 17.2 g
Fiber: 1.9 g
Sodium: 100 mg
Calcium: 75 mg
Iron: 1.4 mg
Vitamin C: 4 mg
Beta-Carotene: 3 mcg
Vitamin E: 0.2 mg