

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