

# 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

## Directions

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

## 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