

**Recipe Name    Chocolate Mousse with Coconut Cream – serves 4-6****Ingredients:****Mousse:**

½ cup cashews, soaked for 1-2 hours  
1 cup chocolate chips, melted  
1 12.3oz. package silken tofu, drained  
3 Tbsp. organic cacao powder  
6 Tbsp. allulose (or maple syrup)  
2 tsp. vanilla extract  
2 Tbsp. cashew milk (or alternate dairy free milk)  
¼ tsp. kosher salt  
2 egg whites + ½ tsp. cream of tartar (optional to make a lighter mousse)

**Coconut Cream:**

1 14oz. can coconut cream, chilled in the refrigerator overnight  
½ tsp. vanilla extract  
1 Tbsp. powdered sugar/monk fruit

**Directions**

1. Melt the chocolate in a double boiler or in the microwave and set aside.
2. Put the soaked cashews, silken tofu, cacao, sweetener, vanilla extract, cashew milk, salt and melted chocolate into the bowl of a blender and blend, starting on low speed and increasing to high, until the mixture is completely smooth (about 1 minute in a high speed blender)
3. If you prefer a lighter mousse, whip egg whites until foamy, add cream of tartar and continue to whip till soft peaks are formed (the peaks will stand straight up when the beaters are lifted from the mixture) Gently fold egg whites into chocolate mixture until well combined.
4. Pour mixture into 4-6 dessert cups or decorative glasses and chill in the refrigerator. It will get firmer as it cools.
5. When ready to serve the chocolate mousse, prepare the coconut cream. Remove coconut milk from refrigerator and open can. The thickened coconut cream should have risen to the top. Scoop coconut cream into bowl of mixer, leaving the liquid for use in a smoothie or to drink (it is full of nutrients and tastes great!)



# RECIPE

- Place whisk attachment on mixer and beat for about 30 seconds.
  - Add powdered sugar and vanilla and beat until creamy and fluffy.
  - Adjust sweetness if necessary.
  - Scoop a generous tablespoon of coconut cream onto each chocolate mousse before serving.
- Mexican chocolate Mousse: add 1 tsp. Ceylon cinnamon and 1/8-1/4 tsp. cayenne
  - Mint chocolate Mousse: add 1 tsp. organic mint extract

## Nutrition Facts

Servings: 6

Amount per serving

**Calories** **382**

% Daily Value\*

**Total Fat** 21.8g **28%**

Saturated Fat 10.8g **54%**

**Cholesterol** 6mg **2%**

**Sodium** 56mg **2%**

**Total Carbohydrate** 34.3g **12%**

Dietary Fiber 4.3g **15%**

Total Sugars 21.7g

**Protein** 14.3g

Vitamin D 0mcg **0%**

Calcium 192mg **15%**

Iron 4mg **21%**

Potassium 184mg **4%**

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by **verywell**