

High Protein Chocolate Mousse

Super low carb as is, but also easy to make richer (by adding melted chocolate chips in the last step for example) or great for dipping strawberries into.



PREP TIME

10 mins

TOTAL TIME

3 hrs 10 mins



COURSE

Dessert, Gluten Free, Snacks



SERVINGS

1 serving

CALORIES

175 kcal

INGREDIENTS

- 6 oz Silken or soft Tofu
- 1 Tbsp Cocoa Powder
- 4 packets/drops Stevia to taste
- 1/4 tsp vanilla extract
- 1 Tbsp chocolate chips melted

INSTRUCTIONS

1. Blend the tofu in a high powered blender until completely cream with absolutely no lumps. (Often it is easier to blend one or two full packages at time. So you could have blended tofu ready for this recipe at any time. Blended tofu keeps up to a week in the fridge.)
2. Once smooth, while still blending, add the vanilla, melted chocolate chips, stevia, and cocoa powder. Blend until fully combined
3. Using a rubber spatula, transfer to a bowl.
4. Let sit in the fridge for at least a few hours before eating!

NUTRITION

Nutrition Facts

High Protein Chocolate Mousse

Amount Per Serving

Calories	175	Calories from Fat	74
% Daily Value*			
Fat	8.2g		13%
Carbohydrates	13.6g		5%
Protein	12g		24%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!