

Guinness Cheesecake Mousse



COOK TIME

45 mins



COURSE

Dessert, Snacks



SERVINGS

7 servings

CALORIES

291 kcal

INGREDIENTS

- 12 oz 1 bottle Guinness Stout or NA Guinness
- 200 g vegan dark chocolate
- 1 15 oz package silken tofu
- 8 oz package tofutti cream cheese
- ¼ c cocoa powder
- 1 tsp lemon juice

INSTRUCTIONS

1. Add the Guinness to a saucepan and bring to a simmer over medium heat. Keep a close eye on the pan as it may bubble over the sides of the pan once heated initially.
2. Continue to simmer for about 20-30 minutes until the mixture has reduced by a little more than half (about 5 oz should be left).
3. Once reduced, allow it to come to room temperature (or just a bit warm is ok too.)
4. Melt the chocolate either over a double boiler or in the microwave, stirring every 20 seconds until fully melted.

- 5. Add the cooled Guinness reduction, melted chocolate, silken tofu, vegan cream cheese, cacao powder, and lemon juice to a high-speed blender and blend until smooth and creamy.
- 6. Transfer the filling into 7 small bowls or ramekins.
- 7. Place in the fridge to set for 3-4 hours (or overnight).
- 8. Garnish with some grated chocolate before serving.

NUTRITION

Nutrition Facts	
Guinness Cheesecake Mousse	
Amount Per Serving (1 serving)	
Calories 291	Calories from Fat 180
% Daily Value*	
Fat 20g	31%
Carbohydrates 23g	8%
Protein 7g	14%
* Percent Daily Values are based on a 2000 calorie diet.	



KEYWORD
gluten free

Tried this recipe?
Let us know how it was!