

Chocolate Mousse



COURSE
Dessert, Snack



SERVINGS
7 serving

CALORIES
180 kcal

INGREDIENTS

- 200 g c chocolate chips
- ½ c aquafaba from 1 can chickpeas
- 1-15 oz block soft or silken tofu
- pinch salt
- 1 Tbsp + 1 tsp vanilla

INSTRUCTIONS

1. Melt chocolate in the microwave. (Or, to melt chocolate on the stove using the makeshift double-broiler method, add one to two inches of water in a small pot on the stove and bring to a boil.) Heat the bowl of chocolate for 15-second increments until melted, stirring in between.
2. In a kitchen mixer bowl, add the liquid from a can of chickpeas to the bowl of your super clean mixer and mix on high for several minutes until the liquid has become fluffy and soft peaks form (you'll be able to tip the bowl upside down without anything pouring out).
3. In a blender, add tofu, melted chocolate, vanilla, and salt and blend until silky smooth. Transfer mixture to a bowl and stir in your aquafaba fluff until fully combined.
4. Transfer mousse to 7 ramekins or small Tupperware containers and place in the fridge to set.

NUTRITION

Nutrition Facts

Chocolate Mousse

Amount Per Serving (1 serving)

Calories 180 Calories from Fat 99

% Daily Value*

Fat 11g **17%**

Carbohydrates 18g **6%**

Protein 5g **10%**

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



KEYWORD

gluten free

Tried this recipe?

Let us know how it was!