

Guiness 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
- $\frac{1}{4}$ 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

Guiness Cheesecake Mousse

Amount Per Serving (1 serving)

Calories	291	Calories from Fat	180
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		% 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!