

# 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
<b>% Daily Value*</b>	
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!