

Vegan chocolate pots

SILKY & RICH



SERVES: 6

COOKS IN: 10 MINUTES PLUS CHILLING

DIFFICULTY: SUPER EASY



Ingredients

200 g dairy-free dark chocolate (at least 75% cocoa solids)

700 g silken tofu

160 g maple syrup

1 lime , zest of

1 tablespoon vanilla bean paste

1 tablespoon dark rum

1 large pinch of dried chilli flakes

1 large pinch of sea salt

Method

1. Place a small pan over a medium-low heat, half-fill with boiling water, then place a medium heatproof bowl on top, making sure the base doesn't touch the surface of the water. Break in the chocolate, then allow to melt, stirring occasionally.
2. Meanwhile, line a medium bowl with a clean tea towel. Add the tofu, bunch up the tea towel and squeeze out the excess moisture into the bowl.
3. Add the tofu to a food processor with the remaining ingredients and 1 good pinch of sea salt, then blitz for 1 to 2 minutes, or until smooth.
4. Add the melted chocolate and pulse until silky and combined.
5. Divide the mixture between little bowls (to make it extra special, I like to use a mixture of espresso cups and cute little glasses).
6. Pop in the fridge for 15 minutes to chill, then serve.

Tips

Try serving your chocolate pots with shavings of dairy-free dark chocolate, or bash up your favourite crunchy biscuits or nuts and sprinkle them on top.

NUTRITION PER SERVING

Calories	Fat	Saturates	Protein	Carbs	Sugars	Salt	Fibre
361	20g	10.9g	12.3g	30.6g	25.6g	0.3g	4.1g
18%	29%	55%	27%	12%	28%	5%	-



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