

Village Health Clinic

RECIPES

Non-dairy Chocolate Mousse

1 carton tofu, silken type
12 oz non-dairy chocolate chips (dark chocolate)
1 Tb real vanilla extract
1 Tb olive oil

Method:

Melt chocolate, covered in microwave, using the olive oil and minimum heat.

Put tofu in blender or food processor and beat until pudding consistency. Add vanilla and melted chocolate to tofu and beat til well mixed.

Put in refrigerator dish. Cover and refrigerate.