

# A High-Protein Dessert



## **Chocolate Mousse**

*Serves: 4 | Serving Size: 1 cup*

### *Ingredients:*

1 box (12 ounces) silken tofu  
1/3 cup sugar  
1/4 cup cocoa powder  
2 cups assorted berries: sliced strawberries,  
raspberries, blueberries, etc.  
Nonfat whipped cream

### *Directions:*

Purée tofu, sugar, and cocoa powder in a food processor. Divide between four tall glasses.

Refrigerate until ready to serve or proceed to the next step right away.

Mash the berries in a medium bowl and divide the mixture among four glasses, placing the berries on top of the chocolate mousse.

Top each glass with 2 tablespoons of nonfat whipped cream and serve.

### **Nutrition Information:**

Serves 4. Each 1-cup serving has 311 calories, 2 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 192 mg sodium, 66 g carbohydrate, 3 g fiber, 32 g sugar, and 9 g protein.

Each serving also contains 8% DV vitamin A, 156% DV vitamin C, 6% DV calcium, and 5% DV iron.

### **Chef's Tips:**

For a chocolate lover's delight, skip the berries and garnish the whipped cream with chocolate shavings, as pictured here.

Be sure to use silken tofu and not firm or extra-firm options. Only silken tofu will yield the proper texture in the finished dessert.

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