

Black Forest Chocolate Mousse



Embark on a culinary adventure with our tantalizing recipe for Black Forest Tofu Mousse. Indulge in the velvety smoothness of tofu, harmoniously blended with decadent chocolate and luscious cherries, creating a delightful twist on the classic dessert.

Preparation 20 min

Cooking 5 min

Servings 4

Nutrition Facts (per serving)

Calories 360

Fat 16

Carbohydrates 44

Fibre 6

Protein 10

Sodium 120

Ingredients

- 125 ml (1/2 cup) graham crumbs
- 30 ml (2 tbsp) ground flax seeds
- 15 ml (1 tbsp) butter
- 5 g (¾ of an envelope) of powdered gelatine
- 60 ml (¼ cup) of cold water

- 300 g (10 ½ oz) plain silken tofu
- 45 ml (3 tbsp) maple syrup
- 5 ml (1 tsp) vanilla extract
- 250 ml (1 cup) frozen pitted cherries

Preparation

1. In a small microwave-safe bowl, place the breadcrumbs, ground flax seeds and butter. Microwave for 30 seconds, then stir with a fork. Spread evenly in the bottom of 4 verrines and set aside in the refrigerator.
2. In a small bowl, dilute the gelatin in cold water, stirring with a fork, then let stand for 5 minutes.
3. In a saucepan over medium heat, melt the chocolate chips and soft tofu, stirring with a whisk. Add maple syrup and vanilla extract when mixture becomes liquid.
4. Pour the gelatin mixture into the pan, stir with a whisk and remove from the heat. Allow to cool for about 5 minutes.
5. Spread the tofu mousse over the graham crust in the 4 glasses and refrigerate for at least 2 hours.
6. Before serving, thaw the cherries in the microwave for 30 seconds, then place them as a garnish on top of the mousse.

Notes

Can be kept 3 days in the refrigerator, covered with plastic wrap or in an airtight container.



Jennifer Lamarche – Nutritionniste Diététiste à Sainte-Catherine | Coordonnatrice événementiel
Registered Dietitian Nutritionist in Montreal North-Shore