

Mango, Peach, and Coconut Tofu Mousse



A delicious and quick-to-make dessert, perfect when I'm craving something refreshing! This mousse combines tropical flavours with a creamy texture, while remaining simple and nutritious. A perfect treat to share!

Preparation 10 min

Cooking 0 min

Servings 6

Nutrition Facts (per serving)

Calories 190

Fat 6

Carbohydrates 21

Fibre 2

Protein 13

Sodium 45

Ingredients

- 1 block (454 g) of firm tofu
- 1 peach, washed and chopped
- 500 ml (2 cups) frozen diced mango
- 125 ml (½ cup) light coconut milk
- 60 ml (¼ cup) maple syrup

- 1 scoop vanilla protein powder
- 5 ml (1 tsp) vanilla extract
- A pinch of salt

Optional Toppings:

- Chopped peaches
- Unsweetened coconut flakes

Preparation

1. In a food processor, combine all the ingredients and blend until smooth and creamy, about 5 minutes.
2. Divide the mousse into dessert bowls and top with your choice of garnishes before serving.

Notes

Store in an airtight container in the refrigerator for 3-5 days.



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