

# Vegan Chocolate Mousse

Serves 4

Prep: 15 mins. | Total: 2 hrs 15 mins.

## Ingredients

- 5 oz dark chocolate, chopped
- 2 Tbs maple syrup
- 1 tsp vanilla extract
- 1/4 tsp salt
- 1 cup silken tofu
- 1 Tbs water

### Per serving:

272 calories

24g carbohydrates

4g fiber

16g total fat

7g protein

## Directions

### Prep

1. Melt the chocolate in a bowl over a double boiler. Remove the pan from the heat as soon as the chocolate has melted - be very careful not to burn it.

### Make

1. In a blender combine the maple syrup, vanilla extract, silken tofu, water, and melted chocolate. Blend until thoroughly combined.
2. Divide equally between 4 - 1/2 cup ramekins or mason jars. Cover and refrigerate for at least 2 hours.

### Notes

Top with raspberries!

