

## **Chocolate Mousse**

Category: Dessert

Serves: 8

### *Ingredients:*

1 (12-ounce) package non-GMO silken firm tofu

½ tsp. vanilla extract

1 (12-ounce) package Lily's stevia sweetened semisweet chocolate chips

2 egg whites

### *Method of Preparation:*

1. In a food processor or high powdered blender, blend tofu.
2. Once tofu is creamy, add vanilla.
3. Melt chocolate chips over low heat, stirring often.
4. Once chocolate is melted, pour chocolate onto tofu mixture and blend.
5. Beat egg whites to soft peaks using an electric mixer.
6. Once soft peaks are formed, slowly fold egg whites into chocolate tofu mixture with a rubber spatula.
7. Spoon into bowls or cups and serve immediately.

### **Macros:**

162 Calories | 13g fat | 21g carbohydrates | 8g protein