

Chocolate Mousse

One bite is all you need to satisfy your chocolate craving!



Prep Time: 10 minutes, reframe for 3 hours

Cook time: No cooking

INGREDIENTS

Yield: 6-8 servings

PREPARATION

- 2 cups your choice of milk or unsweetened plant based milk
- 16 ounces silken tofu
- 6 tablespoons Cacao Powder
- 1/2 cup maple syrup or honey
- Pinch sea salt
- 1/2 cup chia seeds
- Garnish with chopped nuts, dark chocolate chips or berries

- Add milk, tofu, cacao and maple syrup to blender.
- Blend on medium until blended. Increase speed of blender to high and blend for 2 minutes to incorporate some air.
- Transfer mixture to a bowl that has a lid.
- Whisk in chia seeds.
- Place in bowl and whisk a second time to help distribute chia seeds, as they tend to fall to the bottom. Cover with lid and refrigerate.
- Chill mixture at least 3 hours or overnight. Before serving whisk one more time to evenly distribute the chia seeds. Garnish as desired.

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