



## Vegan Champagne Custard

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



942 kcal

DESSERT

### Ingredients

- ☐ 0.8 cup champagne divided
- ☐ 14 ounce full fat coconut cream for 5 to 8 minutes canned
- ☐ 4 servings cocoa rice cereal crispy
- ☐ 2 tablespoons dairy-free margarine (such as Earth Balance)
- ☐ 12 ounce extra-firm silken tofu
- ☐ 1 pinch salt
- ☐ 1 vanilla pod split
- ☐ 10.5 ounces vegan chocolate white homemade store-bought

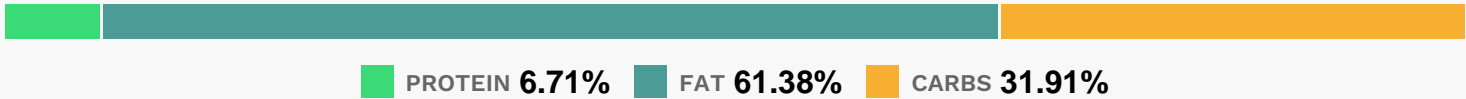
# Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender
- ☐ microwave

# Directions

- ☐ Thoroughly drain your container of tofu, and place it in a food processor or blender. Puree, periodically scraping down the sides of the bowl, until smooth and lump-free.
- ☐ Place the white chocolate (finely chopped if using bars) in a microwave-safe dish along with the margarine and 1/3 cup of the champagne. Microwave on high for 1 – 2 minutes, checking at 30 minute intervals and stirring thoroughly until melted. Commercial white chocolate chips are notoriously difficult to melt smoothly, so they may need a good bit of coaxing; After two minutes, let the mixture rest for 5 minutes, stir vigorously, and begin the cycle again. Don't panic when it turns a translucent, yellow-ish color, as this is normal and it will re-solidify in a more off-white hue.Once entirely melted and smooth, add in the remaining champagne, vanilla bean seeds, and salt. Reserve the spent vanilla pod for another purpose, such as making vanilla extract or vanilla sugar.
- ☐ Mix well but gently to combine, to prevent the champagne from foaming up.
- ☐ Transfer the white chocolate mixture to your food processor or blender with the tofu. Blend to combine, and once fully incorporated.Divide the mixture between four champagne flutes and chill for at least two hours before serving. Top with the whipped coconut cream and chocolate pearls of cocoa rice cereal if desired. Cheers!

# Nutrition Facts



# Properties

Glycemic Index:17.5, Glycemic Load:30.73, Inflammation Score:-8, Nutrition Score:29.133478496386%

# Nutrients (% of daily need)

Calories: 942kcal (47.1%), Fat: 65.14g (100.21%), Saturated Fat: 46.51g (290.68%), Carbohydrates: 76.17g (25.39%), Net Carbohydrates: 73.21g (26.62%), Sugar: 47.42g (52.69%), Cholesterol: 15.63mg (5.21%), Sodium: 400.96mg (17.43%), Alcohol: 2.83g (100%), Alcohol %: 1.06% (100%), Protein: 16.03g (32.06%), Manganese: 2.27mg (113.32%), Iron: 12.62mg (70.12%), Folate: 228.54µg (57.14%), Vitamin B2: 0.68mg (39.72%), Zinc: 5.8mg (38.68%), Phosphorus: 383.95mg (38.4%), Vitamin B1: 0.52mg (34.61%), Vitamin B3: 6.68mg (33.38%), Copper: 0.66mg (33.24%), Vitamin B12: 1.93µg (32.1%), Vitamin B6: 0.61mg (30.3%), Calcium: 289.26mg (28.93%), Potassium: 757.95mg (21.66%), Magnesium: 72.2mg (18.05%), Vitamin A: 789.7IU (15.79%), Vitamin E: 2.16mg (14.42%), Selenium: 8.73µg (12.47%), Fiber: 2.96g (11.83%), Vitamin C: 9.14mg (11.08%), Vitamin B5: 1.11mg (11.08%), Vitamin K: 10.93µg (10.41%), Vitamin D: 1µg (6.66%)