



Vegan Chocolate Cups with Decadent Chocolate Mousse



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



187 kcal

SIDE DISH

Ingredients

- ☐ 3 tbsp karo syrup
- ☐ 10 oz chocolate chips enjoy life®
- ☐ 2 tsp spectrum shortening (with butter, oil or margarine)
- ☐ 12 oz silken tofu (soft room temperature (brought to)
- ☐ 1 tsp vanilla extract
- ☐ 8 balloons (water balloon size)
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Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ blender
- ☐ hand mixer
- ☐ microwave

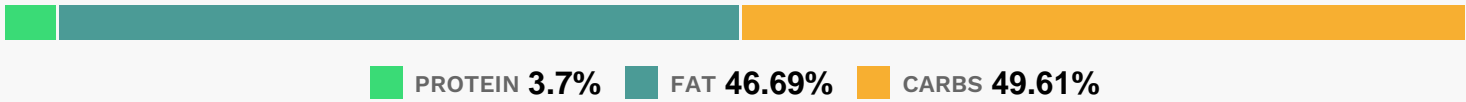
Directions

- ☐ Blow up 8–10 balloons. Line a baking sheet with parchment paper. Set aside. Microwave chocolate chips with shortening for 2 minutes, stirring after one minute. Continue heating in 30 second intervals until chocolate is melted. Do not overheat. Stir until smooth. Dip balloon into melted chocolate, coating about 1/3 of the balloon.
- ☐ Let excess chocolate drip off. Repeat this step one additional time.
- ☐ Place the dipped end of the balloon on the parchment paper. Repeat with remaining balloons.
- ☐ Place baking sheet with dipped balloons in refrigerator to set (about 30 minutes). Once balloons are set, release air from balloons: Pinch the balloon just under the knot and cut a small hole in the surface between fingers and knot. Gradually release the air. Be careful not to release the air too quickly or the bowls may break. Carefully peel the deflated balloons from the chocolate bowls. Patch any holes with the remaining chocolate if needed. Return the chocolate bowls to the refrigerator. Using a hand mixer, blender, or food processor, blend tofu until smooth. Set aside. Microwave chocolate chips for 2 minutes, stirring after one minute. Continue heating in 30 second intervals until chocolate is melted. Do not overheat. Stir until smooth.
- ☐ Add brown rice syrup to the melted chocolate.
- ☐ Mix until combined. Chocolate should “seize” and pull away from the sides of the bowl, almost forming a ball.
- ☐ Add the chocolate mixture to the tofu. Blend until smooth and creamy. Then, mix in vanilla. Chill in refrigerator until set (at least 2 hours). Fill each bowl with approximately 4 tbsp of mousse before serving.

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Garnish with fresh fruit if desired.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.018695636126%

Nutrients (% of daily need)

Calories: 186.89kcal (9.34%), Fat: 10g (15.39%), Saturated Fat: 5.43g (33.94%), Carbohydrates: 23.92g (7.97%), Net Carbohydrates: 23.88g (8.68%), Sugar: 20.45g (22.72%), Cholesterol: 0mg (0%), Sodium: 6.25mg (0.27%), Alcohol: 0.14g (100%), Alcohol %: 0.26% (100%), Protein: 1.78g (3.57%), Potassium: 142.85mg (4.08%), Copper: 0.07mg (3.54%), Calcium: 35.05mg (3.51%), Magnesium: 9.92mg (2.48%), Vitamin B1: 0.03mg (2.28%), Phosphorus: 21.12mg (2.11%), Iron: 0.28mg (1.56%), Zinc: 0.18mg (1.18%)