



Vegan Chocolate Mousse Topping or Frosting



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



269 kcal

DESSERT

Ingredients

- ☐ 2.3 oz extra-firm silken aseptic tofu such as mori-nu, drained of excess liquid
- ☐ 2 Tbsps maple syrup
- ☐ 12 oz semi-sweet chocolate chips
- ☐ 0.3 cup soy milk plain
- ☐ 1 tsp vanilla extract

Equipment

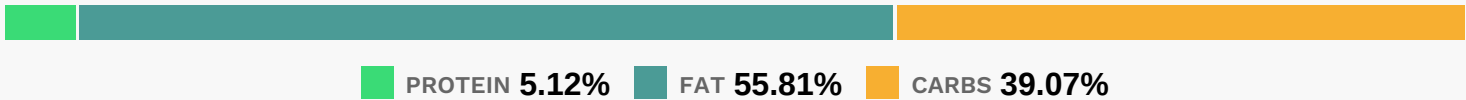
- ☐ blender
- ☐ double boiler

☐ spatula

Directions

- ☐ Crumble tofu into a blender.
- ☐ Add the soy milk, syrup and vanilla. Purée until completely smooth. Set aside.In a double boiler, melt the chocolate chips. Use a rubber spatula to mix the chocolate as it melts. Once melted, remove from heat and let cool for 5 minutes, stirring occasionally.
- ☐ Add the chocolate to the tofu and blend until combined. Use the spatula to scrape down the sides of the blender every so often.
- ☐ Transfer mousse to an airtight container.Chill for 1 hour before frosting cupcakes.

Nutrition Facts



Properties

Glycemic Index:8.74, Glycemic Load:1.3, Inflammation Score:-3, Nutrition Score:7.5539130024288%

Nutrients (% of daily need)

Calories: 269.03kcal (13.45%), Fat: 16.59g (25.53%), Saturated Fat: 9.41g (58.8%), Carbohydrates: 26.14g (8.71%), Net Carbohydrates: 22.7g (8.26%), Sugar: 18.94g (21.04%), Cholesterol: 2.55mg (0.85%), Sodium: 13.57mg (0.59%), Alcohol: 0.18g (100%), Alcohol %: 0.36% (100%), Caffeine: 36.57mg (12.19%), Protein: 3.42g (6.85%), Manganese: 0.68mg (33.98%), Copper: 0.56mg (27.82%), Magnesium: 78.16mg (19.54%), Iron: 2.83mg (15.7%), Fiber: 3.44g (13.76%), Phosphorus: 118.75mg (11.87%), Zinc: 1.23mg (8.19%), Potassium: 276.09mg (7.89%), Vitamin B2: 0.1mg (6.02%), Selenium: 3.74µg (5.35%), Calcium: 44.72mg (4.47%), Vitamin B3: 0.62mg (3.12%), Vitamin K: 3.06µg (2.92%), Vitamin E: 0.44mg (2.91%), Vitamin B12: 0.16µg (2.6%), Vitamin B1: 0.03mg (1.87%), Vitamin B6: 0.03mg (1.63%), Vitamin B5: 0.13mg (1.28%)