



Vegan Mocha Mousse



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



216 kcal

DESSERT

Ingredients

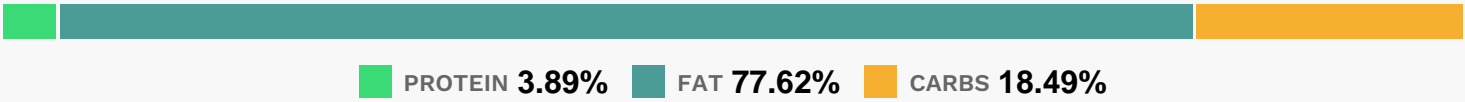
- ☐ 1.8 cups regular coconut milk (not light!)
- ☐ 18 coffee-bean granita fresh
- ☐ 1 level tablespoon cornstarch
- ☐ 6 Teaspoons soy cream thick divided canned (can also skim cream from top of settled can of regular coconut milk)
- ☐ 1.8 ounces dairy-free chocolate dark
- ☐ 2 Tablespoons brown sugar dark
- ☐ 2 Shot espresso or black
- ☐ 2 Tablespoons ginger wine

Equipment

Directions

- ☐ Mix the cornstarch with some of the coconut milk to make a smooth paste. Gradually add the rest of the coconut milk and the coffee while gently heating the mixture, stirring continuously, until it thickens.
- ☐ Add the sugar and chocolate, in pieces, and continue to stir until both are melted.
- ☐ Remove from the heat, cool slightly and then add the brandy or ginger wine.Spoon into individual expresso cups or small glasses, cover and put in the refrigerator to chill.To serve, gently pour a teaspoon of dairy-free "cream" onto the top of each mousse and place three coffee beans in the middle.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:2.48, Inflammation Score:-2, Nutrition Score:5.7047826192625%

Nutrients (% of daily need)

Calories: 216.45kcal (10.82%), Fat: 19.31g (29.71%), Saturated Fat: 16.02g (100.11%), Carbohydrates: 10.35g (3.45%), Net Carbohydrates: 9.34g (3.4%), Sugar: 5.9g (6.56%), Cholesterol: 0.25mg (0.08%), Sodium: 13.2mg (0.57%), Alcohol: 0.52g (100%), Alcohol %: 0.48% (100%), Caffeine: 83.58mg (27.86%), Protein: 2.18g (4.35%), Manganese: 0.75mg (37.27%), Iron: 3.33mg (18.51%), Copper: 0.32mg (15.95%), Magnesium: 59.47mg (14.87%), Phosphorus: 96.64mg (9.66%), Potassium: 241.93mg (6.91%), Vitamin B3: 1.08mg (5.42%), Zinc: 0.7mg (4.69%), Fiber: 1.01g (4.04%), Folate: 10.55µg (2.64%), Calcium: 22.37mg (2.24%), Vitamin B5: 0.16mg (1.58%), Vitamin B2: 0.03mg (1.49%), Vitamin B6: 0.03mg (1.42%), Vitamin B1: 0.02mg (1.28%)