

Chocolate Mousse

Serving: 4

With silken tofu as the base, you can add various fruits or sweeteners along with cocoa powder to create a healthy treat!

Ingredients

1 pack **silken tofu**

1-2 T. **cocoa powder** *(or cacao)*

1 **banana**

2 T. **applesauce**

1-2 **dates** *if desired for extra sweetness*

maple syrup *or agave, if desired for extra sweetness*

$\frac{1}{4}$ **avocado** *if desired for extra creaminess*

Directions

Starting with silken tofu, place desired ingredients in blender until you reach the flavor, sweetness, and creaminess that makes your tastebuds sing.

