

Easy Vegan Chocolate Mousse Dessert

Courtesy of Chef Lauren Mahlke, Planted Table



This quick and easy chocolate mousse is our most requested dessert at Planted Table. It's rich, decadent and sure to please any dessert lover. If you love chocolate (and who doesn't) this is a dessert for you!

So, what's the secret to this vegan chocolate mousse dessert? Well, it's made with silken tofu - seriously, you won't believe it's plant-based. There's nothing like digging into the jar and getting that spoonful of chocolate mousse, cookie crumbs, and whipped cream topping. This vegan chocolate mousse dessert is the perfect bite of sweet goodness.

Ingredients:

12 oz Semi-Sweet Vegan Chocolate Chips

1 tsp Kosher or Sea Salt

1 Organic Silken Tofu

Directions:

Melt chocolate in microwave for 2 minutes and stir, then 30 second increments after that checking and stirring until melted.

Drain liquid from tofu.

In a blender pulse tofu until smooth.

Add warm melted chocolate and remaining ingredients to blender and puree until smooth.

Pour into your container of choice. We find shot glasses are the perfect size. Add a dollop of coconut whip cream and a sprig of mint or raspberry on top. You can feel free to add to the chocolate flavor too. Try peppermint, orange and get creative.

Cool for 30 minutes. Can be made a day in advance.

Website: <https://plantedtable.com/recipes/vegan-chocolate-mousse-dessert/>

Nutrition Facts

Serving Size 1 Servings 2

Amount Per Serving: Calories 238

% Daily Value *

Total Fat 13g 20%

Saturated Fat 8g 40%

Trans Fat 0g

Cholesterol 0mg

Sodium 146mg 7%

Potassium 0mg

Total Carbohydrate 28g 10%

Dietary Fiber 3g 12%

Sugars 24g

Protein 3g 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.