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Valentine's Dessert

Valentine's Day is just a few days away – plenty of time to make something special. This chocolate mousse was developed by high school student Shameer Griffin and won second place in our C-CAP Healthy Dessert Contest. Dark chocolate is rich in flavonoids, a group of phytochemicals that act as antioxidants. It makes the perfect complement to blueberries which are packed with phytochemicals anthocyanins, ellagic acid and resveratrol.

Chocolate and Blueberry Tofu Mousse with Sesame Crunch

Sesame Crunch

1/4 cup water
1/4 cup sugar
2 Tbsp. honey
1/2 cup sesame seeds (raw, untoasted)
1/8 tsp salt

Chocolate Mousse

1/2 cup plain almond milk
8 oz. dark or bittersweet chocolate chips
1/2 tsp vanilla extract
10 oz. silken tofu, drained and cut into cubes

Blueberry Mousse

10 oz. blueberries, fresh or frozen
1/3 cup water
2 Tbsp brown sugar
6 oz. silken tofu, drained and cut into cubes
2 Tbsp. sugar
1/8 tsp salt

Sesame Crunch

Place all ingredients into non-stick pan and heat over medium heat, stirring while mixture gently boils until entire mixture is amber in color, and most of liquid is absorbed. Transfer to sheet pan lined with lightly sprayed parchment paper. Cool completely; cut into pieces.

Chocolate Mousse

Place almond milk in small saucepan and bring just to boil. Stir in chocolate chips until melted completely. Stir in vanilla. Transfer to blender; add tofu cubes and puree until smooth. Spoon into 8 individual molds or ceramic dish. Refrigerate until firm, about 1 hour.

Blueberry Mousse

Combine blueberries, water and brown sugar in saucepan and bring to boil. Reduce to simmer and cook for 8 minutes. Drain blueberries and reserve liquid. Transfer blueberries to blender. Add tofu, sugar, lemon juice and salt; puree completely. Spoon over cooled chocolate mousse and return

molds or pan to refrigerator. Transfer reserved blueberry juice back to saucepan. Bring to boil, simmer over low heat for 10 minutes to thicken. Set aside.

Unmold or spoon into 8 parfait cups. Drizzle blueberry sauce over top and decorate with sesame crunch.

Makes 8 servings

Per Serving: 280 calories, 14 fat, (6 g sat fat), 40 g carbohydrate, 6 g protein 4 g fiber, 100 mg sodium

