

# TOFU CHOCOLATE CHIA MOUSSE, RASPBERRIES FIT

**Serving size:** 1/2 cup

**Makes** 10 servings

- 2 lbs Soft Silken Tofu
- 4 TBSP Chia Seeds
- 2 large or 3 small Dates, pitted and chopped
- 1/4 tsp Salt
- 1/2 cup Cocoa Powder
- 3/4 cup Maple Syrup
- 2-1/2 cup Raspberries

## Preparation:

1. Drain silken tofu on a plate and pour off the liquid.
2. In a high-speed blender, blend tofu, chia seeds, dates, salt, cocoa powder, and maple syrup. If pudding is not completely smooth, allow to sit in the refrigerator and then blend again before serving.
3. Chill for 3 hours before serving.
4. Place 1/2 cup of mousse in each serving cup. Top each portion with 1/4 cup raspberries.

Portion Size: 1/2 cup mousse + 1/4 cup raspberries

**RD Note:** If dates aren't soft, place them in a small bowl and pour boiling water overtop. Let sit for ~10 minutes to soften and they'll blend right in!

*Registered Dietitian Approved!*



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## NUTRITION FACTS PER SERVING

calories	180
total fat (g)	6
saturated fat (g)	1
trans fat (g)	0
sodium (mg)	60
total carbohydrate (g)	28
dietary fiber (g)	6
sugar (g)	18
protein (g)	9