



WESTERN WISCONSIN HEALTH

DARK CHOCOLATE TOFU MOUSSE **(GLUTEN FREE)**

- 1-12.3 oz. Silken firm tofu
- 3 oz. dark chocolate (60 to 70% cocoa)
- 1/4 C. unsweetened cocoa, Dutch processed
- 1/4 C. water 1 T. brandy
- 1/2 C. powdered sugar

Process tofu in blender until smooth. Combine chocolate, cocoa, water and brandy in a saucepan and melt over simmering water. Stir frequently until smooth. Mixture will be thick. Spoon into a small serving container. Cover with plastic wrap and chill for at least 1 hour, and up to three days before serving. Can be topped with real whipped cream and dark chocolate shavings if desired.

NUTRITION FACTS: Serving size: 1/2 cup per serving, 6 servings

Nutrition Facts	
Serving Size (98g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 15g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	