



Tofu Chocolate Mousse

Yield: 4 servings

Modified from: VA Anti-Inflammatory Cookbook

Ingredients:

- 1 cup dark chocolate chips
- 1 cup milk or non-dairy milk
- 1 (12- or 14-ounce) package of soft tofu
- 1 teaspoon vanilla
- 1 cup sliced berries, optional
- 5 mint sprigs, optional

Directions:

1. In a large skillet, over medium heat, add olive oil and garlic. Sauté until fragrant but be careful not to burn garlic.
2. Add green beans and broth, cover and cook until beans are crisp-tender, about 5 – 6 minutes.
3. Remove lid and allow to simmer until remaining broth has evaporated.
4. Add butter and stir until melted. Season with pepper.

Nutrition information:

Serving size: ¼ of recipe with berries

Calories: 234

Fat: 10.5g

Sodium: 101mg

Carbohydrates: 29g

Fiber: 2g

Protein: 10g