

Developed by  
**Chef Tiffany Derry**



## Nutrition Facts

Per Serving\*

**Calories** 178

**Total Fat** 9.9 g

Saturated Fat 5 g

**Cholesterol** 0.9 mg

**Sodium** 14.5 mg

**Total Carbohydrates** 22.5 g

Dietary Fiber 5.5 g

Sugars 10.3 g

**Protein** 3.6 g

Vitamin A 3%

Vitamin C 61%

Iron 22%

\* Based upon a 2,000-calorie diet

# Mexican Dark Chocolate Mousse

Makes 5 servings

## Ingredients

2¾ ounces bittersweet chocolate chips

½ cup skim milk

¾ teaspoon cocoa powder

1 teaspoon vanilla

1 teaspoon cinnamon

1 orange, juice and zest

10 ounces silken tofu, drained

1 cup strawberries, sliced

## Instructions

1. Place chocolate, milk, cocoa powder, and vanilla in a microwave-safe bowl. Melt chocolate either in microwave or over double boiler.
2. Put drained tofu in a food processor and blend until smooth.
3. Add melted chocolate, cinnamon, and zest into the food processor with tofu. Blend until smooth and creamy.
4. Divide chocolate mousse into serving bowls and set aside in refrigerator to chill for at least 1 hour.
5. In a separate bowl, mix strawberries and orange juice. Set aside until ready to serve.
6. When ready to serve, spoon strawberries over mousse and enjoy!

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and Education**  
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and Dietetics

Recipe reviewed by Diabetes Care and Education, a dietetic practice group of the Academy of Nutrition and Dietetics

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