



**Greener  
Kirkcaldy**

**THE LANG SPOON**  
COMMUNITY KITCHEN

## Tofu chocolate mousse

### INGREDIENTS

- 300 grams silken tofu (the really soft stuff)
- 1 teaspoon vanilla paste (optional)
- 1.5 tablespoons maple syrup (honey, date syrup or golden syrup are fine too)
- 100 grams dark (70% cocoa) chocolate – orange flavour works well too!
- large pinch sea salt
- optional toppings: chopped hazelnuts, raspberries, chocolate shavings etc.



**MAKES**  
4 glasses



**TIME**  
Prep: 15 minutes  
Chill: 30 minutes

1. Melt the chocolate in a bowl over a pan of hot water, or directly in a pan on heat 1 or 2 if you have an induction hob. Stir gently until the chocolate is melted. Set aside to cool at room temperature.
2. Meanwhile, place the silken tofu, vanilla paste (if using), salt, and maple syrup in a food processor and blend until very smooth. Add the melted chocolate and blend until well combined.
3. Transfer the mixture into espresso cups/small glasses and refrigerate for 30 minutes (do not cool for much longer than this as the mixture will go too hard).
4. To serve, decorate with toppings as desired.

