

Dairy-Free Decadent Dark Chocolate Mousse

Recipe provided by Alana Scott

“I never thought it would be possible to transform firm tofu into a yummy dessert – but after a couple of kitchen disasters, we have succeeded in making a dessert everyone will love. This chocolate mousse has a beautiful creamy texture and you only need a small portion to get your chocolate fix.”

Serves 4

Ingredients

250 g firm tofu (weigh after draining water)
125 g dark chocolate
60 ml (4 tbsp) milk (or milk substitute)
6 tbsp white sugar
1/2 tsp vanilla extract
Fruit to serve with your finished mousse

Method

Break the dark chocolate into chunks and place in a small saucepan with the white sugar and low FODMAP milk. Heat over low heat and mix continuously until the chocolate melts and the sugar dissolves. The chocolate mixture should have a dark silky smooth and slightly shiny look with no traces of un-dissolved sugar.

Drain the tofu and place in the food processor container with the double blade. Blend until smooth. Then add the melted chocolate mixture and blend until evenly mixed through.

Scoop the mixture into four small bowls, ramekin dishes, or cupcake holders. Place in the fridge to cool. The flavour of the mousse changes and deepens as the tofu cools (do not serve this mousse warm).

If you are on a low FODMAP diet, choose a dark chocolate that doesn't contain inulin or high FODMAP sweeteners like honey, high fructose corn syrup, agave syrup or fructose and use a milk substitute such as gluten-free soymilk. Also avoid dark chocolate that contains high FODMAP fruit or nuts. Make sure you buy firm tofu - silken tofu is high FODMAP.



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