



Pritikin ICR
Recipe of the week
**CHOCOLATE
STRAWBERRY MOUSSE**



Swipe for full recipe
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Ingredients

- 16-ounce container silken tofu
- ¼ cup plain nonfat Greek yogurt
- 1/3 cup unsweetened soymilk
- 3 tablespoons maple syrup
- 2 tablespoons vanilla extract
- ½ cup unsweetened cocoa powder
- 1 cup trimmed and quartered strawberries, frozen (about 6 strawberries)

Vanilla Cream Sauce

- ½ cup plain nonfat Greek yogurt
- ¼ cup unsweetened soymilk
- 1 teaspoon vanilla extract
- 1 teaspoon maple syrup

CHOCOLATE STRAWBERRY MOUSSE



Preparation

1. Prepare the Vanilla Cream Sauce: Whisk together all of the sauce ingredients and refrigerate your sauce until you are ready to serve the mousse.
2. Using a blender or food processor, blend together the silken tofu, nonfat yogurt, unsweetened soymilk, maple syrup, vanilla extract, and unsweetened cocoa powder. Be sure to scrape the sides of the container with a spatula, then pulse the blender or food processor a few more times to thoroughly combine.
3. Once the mousse is smooth and well combined, add in the frozen strawberries and blend once more, until smooth.
4. Transfer the chocolate mousse to a storage container and refrigerate for at least one hour. Don't skip this step, as it will allow the mixture to firm and fluff up a bit.
5. To serve: Scoop a half cup of Chocolate Strawberry Mousse into a small bowl and top with one tablespoon of the Vanilla Cream Sauce. Garnish this treat with a thin slice of strawberry or a spearmint leaf, as desired.

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Chef's Tips

- Variation: Top this treat with other fruits that complement cocoa and strawberries such as sliced banana, halved raspberries, or even blueberries.



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