Let's Take Whisks

Plant-based chocolate mousse

Plant-based baking is the hottest trend and you can learn how to sweeten the deal with our dairy-free chocolate mousse. This decadent treat is a healthy way to take a minute to indulge during your busy week. Cake back and enjoy this sweet treat with us!

Prep time: 15 mins  
Cook time: 40 mins  
Serving size: 6 servings  
Price Per Recipe: $15.28  
Price Per Serving: $2.60

Ingredients

Chocolate Mousse
- 1 package Silken Tofu
- 3 pitted dates
- 2 tablespoons cocoa powder
- 1 tablespoon maple syrup
- 1 teaspoon vanilla extract
- 1 cup dark chocolate chips (use vegan chips for a vegan recipe)

Biscotti
- ¼ cup olive oil
- ¾ cup sugar
- 2 teaspoons vanilla extract
- 2 eggs
- 1 ⅓ cup all purpose flour
- ¼ teaspoon salt
- 1 teaspoon baking Powder
- ½ cup dried fruit
- 1 ½ cup nuts

Optional Ingredients

Any dried fruit, nut, or spice can be added to the biscotti- give cinnamon or nutmeg a try! The chocolate mousse can also be served with any fruit of your choice!

Cacao

Cacao is a bean that grows in warm areas such as south America. The bean pods are fermented, dried, and then ground into a paste which is combined with sugar and milk solids to make chocolate. Before being changed into a candy bar, the cacao bean is a rich source of antioxidants, potassium and magnesium.
**Mousse Mise en place:** Measure out all of the ingredients. Bring a pot of water to a boil and pour a small amount over the dates to soften. Set the rest of the water aside. Drain the water after 5 minutes.

**Step 1 Melt the Chocolate:** When the pot of water has reached a boil, turn off the heat and place the chocolate in a bowl on top of the pot. Stir gently but continuously until the chocolate is melted.

**Step 2:** Carefully remove the bowl from the pot without getting any water in the chocolate.

**Step 3:** Add the tofu, dates, vanilla, and syrup to the blender. Add the cocoa powder on top.

**Step 4 High Speed:** Turn on the blender on the lowest speed and slowly increase until the ingredients begin to mix. On a medium speed, carefully pour the melted chocolate into the blender. Once all the chocolate is in, increase the speed to high. Portion into dishes and refrigerate.

**Biscotti Mise en Place:**
Preheat the oven to 350*. Toast the almonds either in the oven or in a pan on the stovetop until golden brown. Cut the dried fruit into smaller pieces. Measure out all ingredients, combine the dry together in one bowl, and the wet together in another.

**Step 1 Mix it Up:** Add the wet ingredients into the dry ingredients and mix to combine. Add the nuts and fruits, mix to combine. The dough should be slightly moist. Separate into two portions and form into 2 loaves on a baking sheet lined with aluminium or parchment. Bake at 350* until golden brown.

**Step 2 Twice Baked:** When the loaves are cooled slightly, cut the biscotti into medium/thin strips and lay them out on the baking sheet in a single layer. Place them back in the oven until they are golden brown and feel dry. They will continue to harden as they cool outside of the oven. Let cool and enjoy with your chocolate mousse!