



Plant-Based Chocolate Mousse

6 servings

20 minutes

Ingredients

- 1/2 cup Date Sugar (80 gram)
- 1/2 cup Water (125 gram)
- 350 grams Tofu (silken/soft)
- 225 grams Dark Chocolate (melted, at least 60%, I use 85%)
- 2 tsps Cinnamon (Ceylon variety)
- 1 1/2 tsps Vanilla Extract
- 1 tsp Chili Powder (Ancho Chili Powder)
- 1/4 tsp Salt (Iodized)

Directions

- 1 Place the sugar and water in a small pot, and heat until the sugar is dissolved. If you have a Thermomix, you can heat for 1-2 minutes at 100 degrees on spoon setting and not get an excess pot dirty. Cool for 2-3 minutes.
- 2 Add everything together in a blender or food processor, or add everything else to your Thermomix.
- 3 Blend until completely smooth and creamy, then put in a prepared no-bake pie crust.
- 4 Chill the pie until it is firm, at least 5 hours or even overnight. Then garnish with chocolate shavings, fruit or chopped pecans.

Notes

Melting Chocolate: To melt the chocolate, I put in a ceramic or glass heat proof container and place it in microwave for 15 second intervals. Stir every 15 seconds. Stop microwaving before it's totally melted and rely on stirring it to continue melting it, or it will burn.

Ancho Chili Powder: Derived from dried and ground poblano chilies, it's sweet, mild and slightly smoky. It's most often used in Mexican cooking, and originates in the Puebla Valley, just southeast of Mexico City.

Ceylon Cinnamon: When shopping look for cinnamon that's specifically labelled Ceylon. A compound called coumarin, that is naturally found in Chinese cinnamon is toxic to the liver. Often both are just labelled as 'cinnamon' so look for Ceylon when shopping.