

Aquafaba Chocolate Mousse

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12 Serving Size: #8 scoop

Ingredients	Quantity	Measure
Dark chocolate, bittersweet	14	ounces
Coconut milk, canned, unsweetened	$\frac{1}{4}$	cup
Aquafaba (liquid left in canned chickpeas)	$1\frac{3}{4}$	cups
Cream of tartar	$\frac{1}{4}$	teaspoon
Sugar, granulated	$3\frac{1}{2}$	ounces

Preparation

1. In a double boiler, heat water until hot but not boiling. Melt chocolate until smooth.
2. Add coconut milk. Stir until well blended. Remove from heat.
3. In a mixing bowl with whisk attachment, pour in chickpea liquid and slowly whip. Add cream of tartar and whip on high until foamy.
4. Turn speed down and slowly add sugar. Whip on high until stiff peaks form.
5. Add one third of the mixture to the melted chocolate. Whisk until blended.
6. Gently fold in remaining whipped mixture, one half at a time.
7. Portion with a #8 scoop. Yields 12 portions.
8. Cover and refrigerate overnight.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 237 Total Fat: 12g Saturated Fat: 1g Monounsaturated Fat: 1.7g Polyunsaturated Fat: 0.2g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 30g Fiber: 2g Total Sugars: 24g Protein: 3g Sodium: 5mg
Vitamin A: 0 μ g Vitamin C: 0mg Calcium: 16mg Iron: 1mg Folate: 1 μ g

