



Tofu strawberry mousse

5'
Hands on

30-40 minutes'
Hands off

4
Portion(s)

1
Difficulty



Ingredients

- 400 g strawberries, fresh or frozen
- 200 g tofu, soft
- 50 g honey
- 1/4 teaspoon(s) [vanilla extract](#)
- 1 teaspoon(s) chia seeds
- 100 g coconut milk
- 50 g blueberries, to serve
- 50 g strawberries, fresh or frozen, to serve
- icing sugar, to serve, optionally

Διατροφικός πίνακας

Nutrition information per portion

133 Calories (kcal)	3.4 Total Fat (g)	0.6 Saturated Fat (g)	18.0 Total Carbs (g)
7%	5%	3%	7%
17.0 Sugars (g)	4.8 Protein (g)	4.3 Fibre (g)	0.05 Sodium (g)
19%	10%	17%	1%

Method

- In a food processor, beat all of the ingredients until the strawberries and tofu are dissolved and there is a smooth mousse.
- Divide the mousse into glasses and refrigerate for 30-40 minutes, to thicken.
- Serve with the blueberries, strawberries, and icing sugar.