

## **Chocolate Mousse**

*Here is one of my wife's best desserts. Nicole's father was French, and he loved dessert. She has spent years working on a healthy version of this fantastic recipe. This recipe adapted from my latest book, *The Better Brain Solution*—(available where ever books are sold). **Cautionary Note:** avoid consuming multiple servings of this dessert as when xylitol is consumed in excess it can cause gastrointestinal distress. Alternatively, use maple syrup instead of xylitol.*

**Prep Time:** 15 minutes

**Chill Time:** 1-24 hours

**Serves:** 6

### **Ingredients:**

**½ cup freshly brewed organic coffee (decaf or regular)**

**1/3 cup xylitol (alternatively to avoid xylitol, you can use ½ cup maple syrup)**

**1/8 tsp sea salt**

**4 ounces dark chocolate (aim for 80% cacao)**

**½ cup unprocessed, unsweetened cocoa powder**

**12 ounces organic silken (soft) tofu**

**3 tablespoons Grand Marnier (or brandy)**

**3 tablespoons grated organic orange zest**

### **Directions:**

Heat the coffee, xylitol (or maple syrup), and salt in a saucepan, until gently bubbling.

Meanwhile, in a food processor, process the chocolate chips and cocoa until finely chopped, almost powdered. With the processor running, slowly and cautiously pour in the hot coffee mixture and process until the chocolate has melted. Turn off the processor.

Add the tofu, Grand Marnier, and 2 tablespoons of the orange zest and process until smooth. Pour the mixture into six serving containers. Garnish with the remaining orange zest. Chill in the refrigerator for at least 1 hour and up to 24 hours before serving.

Enjoy,

Steven Masley, MD