



VEGAN CHOCOLATE MOUSSE RASPBERRY MOUSSE & RASPBERRY PUREE

INGREDIENTS

DIRECTIONS (1)

Tip#1: Soak the cashew nuts overnight with double the amount of filtered or purified water – 2: 4 ratio. Refrigerate if soaking overnight.

Soak for a minimum of 4 hours on top of the counter.

For FAST prep boil filtered water and pour over the cashew nuts – leave for 1 hour at room temperature.

Drain the soaking water and rinse well before adding the nuts to the composition.

Tip#2: Aquafaba (liquid obtained from draining one can of org chickpeas) requires overnight refrigeration or at least 4 hours until prep time.

Chocolate Mousse Ingredients:

1 cups (140 g) – cashew nuts (soak as per Tip#1 instructions)

½ cup (120 ml) – org full-fat coconut cream (cream from one can of coconut mylk)

2 tbsp – org raw cacao powder

2 tbsp – pure maple syrup

½ tbsp – org chocolate flavour extract

¼ tsp – pink salt (or celtic salt recommended)

Chocolate Mousse Prep:

Step 1

In a high-speed blender add ALL the following ingredients:

- soaked cashews
- coconut cream
- raw cacao powder
- maple syrup
- chocolate flavour extract
- pink salt

Start blending at low speed until all ingredients will start mixing together, and gradually increase the speed to high. After the first 30-sec press pause and scrape down the sides of the blender – continue for another 30 sec. Scrape sides again, and blend for another 30 sec. Repeat the process once or twice more until the mixture is smooth and creamy.

Step 2

Pour the smooth chocolate mix in small glass jars or preferred presentation container, and refrigerate.

PREP TIME: 5 MINS

COOK TIME: 15 MINS

TOTAL TIME: 20 MINS

+ 30 MIN REFRIGERATION

SERVES: 4

VEGAN

GLUTEN-FREE

REFINED SUGAR-FREE

OIL-FREE

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VEGAN CHOCOLATE MOUSSE WITH RASPBERRY MOUSSE & RASPBERRY PUREE

INGREDIENTS

Raspberry Mousse and Raspberry Puree:

1 cup (240 ml) – cold aquafaba

$\frac{1}{2}$ cup (75 g) – frozen org raspberries (or fresh if available)

2 tsp – org cream of tartar

1 tsp – swerve sweetener (or other quality sugar replacement erythriol or stevia based)

PREP TIME: 5 MINS

COOK TIME: 15 MINS

TOTAL TIME: 20 MINS

+ 30 MIN REFRIGERATION

SERVES: 4

VEGAN

GLUTEN-FREE

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OIL-FREE

Notes:

You can refrigerate the dessert and serve 4 hours later (in case you're prepping for dinner with friends).

The aquafaba based mousse will deflate a little bit (but not entirely). It can hold until the next morning quite well but do not keep for longer than 12 hours. This dessert is made to be enjoyed fresh!

DIRECTIONS (2)

Raspberry Mousse and Raspberry Puree:

Step 1

Pour cold aquafaba (as per Tip#2instructions) into a tall glass container and with a hand mixer (or a stand mixer if available).

Tip: If you do not have a stand mixer it might take a bit longer to whip the aquafaba with a hand mixer.

Start whipping the aquafaba on full speed for about 1 minute. Add the 2 tsp of cream of tartar. Whip for 3 more minutes on high speed. At this point you should have semi-firm peaks of the aquafaba. Add the 2 tsp of swerve sweetener (or other sugar replacement), and whip on high-speed for 3 more minutes. After aprox. 6 minutes your aquafaba mix should resemble to whipped egg whites, and the peaks should be firm and beautiful. If for any reason the aquafaba is not firm after the 6 minutes of whipping, continue the process for 2 more minutes. Usually it doesn't take more then 5-6 minutes to obtain the nice firm texture you're looking for.

Step 2

Puree the frozen or fresh raspberries (frozen should be thawed at room temperature), and mix lightly with a fork until they turn into a paste. Or, use the small cup size of your high-speed blender to mix it finely.

Step 3

Add 1 tsp of the raspberry puree to the aquafaba mousse and whip for 1 minute.

Step 4

Add the freshly whipped raspberry mousse on top of the refrigerated chocolate mousse and top with a peak of raspberry puree.

Ready to enjoy! :)

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