

## Instant Chocolate Mousse

USDA SNAP-Ed recipe Finder

<http://recipefinder.nal.usda.gov/>

### **Ingredients**

- 1 small box instant chocolate pudding mix
- 1 1/4 cup cold soy milk
- 1 package (10.5 ounce) silken tofu

### **Instructions**

1. Blend the chocolate pudding mix and the soy milk on medium speed for about 15 seconds until the mixture is very smooth.
2. Add the silken tofu and blend again. Scrape the mixture down off the sides to be sure it's all mixed in. Blend and scrape until well mixed and very smooth.
3. Pour mixture into 4 small serving dishes.
4. Place in the fridge. Chill for at least 2 hours before serving.

Makes 4 servings

### **Cost**

Per Recipe: \$ 2.83

Per Serving: \$ 0.71

### **Nutritional information per serving (4 servings)**

Calories: 170

Calories from fat: 35

Total fat: 4g

Saturated fat: 0.5g

Trans fat: 0g

Cholesterol: 0mg

Sodium: 400mg

Total carbohydrate: 28g

Dietary fiber: 2g

Sugars: 14g

Protein: 8g

Vitamin A: 10%

Vitamin C: 0%

Calcium: 6 %

Iron: 10%

Percent Daily Values are based on a 2,000 calorie diet.

