

2 - INGREDIENT

CHOCOLATE MOUSSE

Makes 6 servings

Ingredients

- 1-15.5 oz can of chickpeas
- 5 ounces 70% Cocoa dark chocolate (we used Lindt brand)

Directions

1. Drain the chickpeas keeping the water. The water from chickpeas is called aquafaba. *(Save the chickpeas to use in another recipe)*
2. In a medium bowl mix the aquafaba with electric beaters until stiff peaks form, about 5-10 minutes. Set aside.
3. Melt the 5 ounces of chocolate either in a double boiler or the microwave.
4. Pour the chocolate into the whipped aquafaba (it will deflate a little but that's ok) and mix until well combined.
5. Pour into 6 dessert bowls and refrigerate for at least 3 hours.
6. Top with your toppings of choice and enjoy!

Aquafaba fun facts:

- Aquafaba has only 3-5 calories per Tablespoon and is a good low-calorie, plant-based substitute for egg whites in many desserts.
- Aquafaba was only just discovered in 2014, so stay tuned for more information about its health benefits.
- This recipe still contains good, old-fashioned dark chocolate, which has plenty of calories and fat, so please enjoy this dessert in moderation.

This dessert recipe is not part of a healthy plate and should be enjoyed in moderation!



| Nutrition Facts | |
|--|------------|
| 6 servings per container | |
| Serving size | |
| Amount Per Serving | |
| Calories | 150 |
| % Daily Value* | |
| Total Fat 11g | 14% |
| Saturated Fat 7g | 35% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 5mg | 0% |
| Total Carbohydrate 11g | 4% |
| Dietary Fiber 2g | 7% |
| Total Sugars 8g | |
| Includes 0g Added Sugars | 0% |
| Protein 2g | 4% |
| Not a significant source of vitamin D, calcium, iron, and potassium | |
| *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |

Photo from:
<https://www.sweetashoney.co/aquafaba-chocolate-mousse-easy-vegan/>