

Tofu Mousse

Strawberry Fluff

1 10.5 oz package Tofu drained

3 Tbs. honey

2 ½ cups frozen, unsweetened strawberries, thawed and drained

In a blender or food processor, combine tofu and honey. Blend until smooth and creamy. Add strawberries, ½ cup at a time. Allow some berries to remain in chunks. Pour into stemmed glasses- chill and serve.

Chocolate Mousse

10 ounces Chocolate Chips

2 10.5 oz packages of Tofu, drained

3 Tbs. honey

Heat chips in double boiler or microwave until melted. Add honey and stir until smooth. In a blender or food processor blend tofu until smooth. Add the chocolate/honey mixture and whip until creamy. Chill until firm.