



Vegan Chocolate Mousse

24 servings

15 minutes

Ingredients

840 grams Dark Chocolate (85% Black & Greens is best)
6 cans Chickpeas (Canned) (liquid only)
3/4 cup Maple Syrup
1.2 kilograms Unsweetened Coconut Yogurt (to serve)

Nutrition

Amount per serving	
Calories	260
Fat	16g
Carbs	25g
Fiber	4g
Sugar	15g
Protein	3g
Calcium	147mg
Iron	4mg
Vitamin D	0IU
Folate	0µg
Vitamin B12	0.7µg
Phosphorous	108mg
Magnesium	82mg
Zinc	1mg
Selenium	2µg

Directions

- 1 Using an electric mixer or whisk, beat the chickpea liquid into a meringue like consistency until soft peaks form (around 3-4 mins)
- 2 Beat in the maple syrup.
- 3 Break up the chocolate into smaller chunks and place in a medium bowl over a pot of hot water. Do not let the bottom of the bowl touch the water. Gently stir the chocolate until it is fully melted. Remove from the heat and allow to cool for 5 mins.
- 4 Slowly stir the chocolate into the meringue mixture, a little at a time, being careful not to knock the air out of the meringue.
- 5 Transfer into serving glasses and refrigerate for around 30 mins. Serve with coconut yoghurt and fresh berries or kiwi fruit.