

Sugar Free Mocha Mousse

This is absolutely one of THE best sugar free desserts I have ever tasted and it can be made in a snap. Hubby eats it. The kids LOVE it. I don't think they know it is sugar free. If you have a loved one on a restricted carbohydrate or sugar-free diet – make this for them soon. It is delightful. And they never have to know that the magic ingredient that gives this mousse such smooth silkiness is soft tofu. This will remain our secret. Agreed?



- 1 4 oz package Chocolate Sugar-Free Instant Jell-o Pudding
- 1 10 package soft tofu
- 2 Tablespoons unsweetened cocoa powder
- 1 Tablespoon instant coffee crystals mixed with 2 Tablespoons hot water
- 1 pint real whipping cream – whipped and divided

In a large mixing bowl, add the pudding mix, tofu, cocoa powder and mixed coffee. Beat with an electric mixer on medium high until very smooth.

In separate bowl, mix the whipping cream until soft peaks form.

Fold 2 cups whipping cream into the mixed mousse mixture. On low speed, blend the mousse mixture briefly with the whipped cream. Over mixing can result in a butter like texture.

Serve in parfait dishes and garnish with some of the remaining whipped cream, chocolate shavings, or a sprig of mint.

This recipe can be made with vanilla pudding – just omit the cocoa powder and coffee. Of course it can also be made with regular pudding as well.