

Mexican Chocolate Mousse

This tofu-based recipe will totally surprise you and your guests. Easy and quick to make, but there is no compromising for flavor.

Serves 4

Small Appliance: a food processor will work best

Ingredients:

12 ounce box of shelf-stable silken tofu
1 heaping tablespoon of good quality cocoa powder
1 teaspoon of ground cinnamon
2-3 tablespoons of pure maple syrup (or your favorite sweetener)

Instructions:

Remove the silken tofu from its box. Wrap in a towel, and place in a colander. Place in refrigerator for 2-3 hours. This allows the liquid to drain so that your dessert will be creamy and silky.

Sift the cocoa powder to remove any lumps.

In the food processor bowl, add all ingredients. First, pulse all ingredients, until they are mixed together (about 10 pulses).

On a low speed, blend the pudding for 2-3 minutes.

Spoon into small dessert cup, and garnish with spearmint leaves and raspberries.

Serve and enjoy.

How to Make a Shrub

A shrub is a healthy and quenching non-alcoholic beverage that everyone will enjoy. Here's a quick recipe for a single serving shrub. They are best made fresh. Enjoy the tiny bubbles.

You'll Need:

A stemmed glass

1 ounce of balsamic glaze (or apple cider vinegar)

8 ounces of seltzer or club soda

4-5 small ice cubes

Garnish (Rosemary is fun, as it also acts as a swizzle stick), but pomegranate arils also add lots of color

Putting it Together

In a glass, add the seltzer, then the vinegar. Stir well. Add ice. Garnish!

Cin-Cin!

Note: a balsamic glaze is thicker than regular vinegar, and comes in many flavors. But, you can use apple cider vinegar.

Friends will enjoy this non-alcoholic beverage.

Vegetable Tower

Once the walnut pate is made, this dish is fun and easy to make. It is packed with lots of flavor, and will WOW your guests. You will make the walnut pate, the roasted vegetables, and the polenta, but this is very easy.

Small Appliance: food processor

WALNUT PATE

Ingredients:

1 cup of chopped walnuts

1 teaspoon of garlic powder

1-2 teaspoons of low sodium tamari or soy sauce

In a food processor, add all ingredients. Pulse until ingredients are blended, will look like wet sand. Continue blending the mixture until it resembles a well-blended hummus. That is the texture you are seeking. Cover and set aside.

ROASTED VEGETABLES

Take your favorite root vegetables, and cut into 1/2" slices. You can use sweet potatoes, beets, Russet potatoes, etc. Place on a baking sheet, and place in a pre-heated 425 degree oven. Bake for 23-25 minutes. Remove from oven, flip, and roast for an additional 8 minutes. Your vegetables will caramelize nicely, and have a rich, roasted flavor.

POLENTA

The polenta is the base for the tower, and homemade polenta is creamy and delicious. Your main ingredient is coarsely ground cornmeal.

Ingredients:

4 cups of water or vegetable stock

1 t of soy sauce or tamari

1 cup of coarse corn meal

½ cup of nutritional yeast

INSTRUCTIONS

Bring water to a boil, add soy sauce and cornmeal, and whisk constantly until all lumps disappear. Reduce stove top heat to a low flame, and continue to stir. Once the polenta has thickened, add nutritional yeast. Should have a thick and creamy texture. Remove from heat. Place 4 ounces of cooked polenta into the well of a muffin tin. Place in refrigerator. When you are ready to use the polenta cakes, they will pop out of the tins. And, your base for this dish is ready. You will have about 10-12 polenta cakes.

ASSEMBLING THE TOWERS

Use the polenta cake as the base.

Add a small amount of the walnut pate to the polenta.

Add a sweet potato, and add a small amount of walnut pate.

Add another vegetable (whatever you have roasted)

Top off with the walnut pate.

Garnish with greens, and add a drizzle of balsamic glaze.

Fun to make a delicious to eat!