

STRAWBERRY MOUSSE PARFAIT

Strawberry Mousse Parfait

Gluten Free, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 4 (Serving= 1 cup)

Nutrition (per serving)

Total Fat: 6.5 g

Saturated Fat: 1.5 g

Sodium: 15 mg

Total Carbohydrate: 20

Dietary Fiber: 2 g

Calories: 175

Protein: 11 g

Ingredients

Mousse

- 1 cup chopped strawberries
- 2 packages silken or soft tofu (12.3-ounce each, or 1 $\frac{1}{3}$ 18-ounce packages)
- 1 teaspoon vanilla extract

Filling/Topping

- 1 cup chopped strawberries
- 2 Tablespoons minced fresh basil
- 2 Tablespoons balsamic vinegar

- 2 Tablespoons sugar
- $\frac{3}{8}$ cup granulated Splenda® ($\frac{1}{4}$ cup + 2 Tablespoons)

- 1 square 70% cacao dark chocolate, chopped fine (about $\frac{1}{8}$ of a 3.5 ounce bar) (make sure gluten free for GF version)

Directions

1. Cook chopped strawberries in a small saucepan over medium-low heat for about 5 minutes, stirring frequently. Cool completely in refrigerator. (This step is optional, but will help concentrate the strawberry flavor.)
2. Meanwhile, add tofu, vanilla extract, sugar, and Splenda® to blender and blend until completely smooth.
3. Remove about half of mixture from blender, and add cooked strawberries. Blend until smooth.
4. In a small bowl, mix together strawberries, basil, and balsamic vinegar for filling/topping.
5. Add about 3 tablespoons of vanilla mousse to each of four parfait cups, then do the same with the strawberry mousse. Next, add 2 Tablespoons of the filling, then another layer of each mousse. Top with the remainder of the filling.
6. Chill at least one hour and sprinkle top with chopped chocolate before serving.