

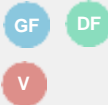
VEGAN ORANGE CHOCOLATE MOUSSE



Serves: 4
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
354 kcal
17g Fats
39g Carbs
13g Protein



INGREDIENTS:

- 1 cup sweet potato, peeled and cooked (225g/0.5 lb sweet potato)
- ½ cup (125g) smooth peanut butter
- ½ cup (50g) natural cocoa powder
- 6 tbsp. maple syrup
- 1 tsp. orange zest
- ½ cup (120ml) chickpea brine
- ½ tsp. lemon juice

PREPARATION

1. Place cooked sweet potato and peanut butter in a food processor. Process until smooth and, then add cacao powder, maple syrup, and orange zest, blend again until smooth.
2. Place chickpea brine in a clean bowl. Add lemon juice and whip with a hand mixer until you achieve stiff peaks (this can take around 3-6 mins) - you should be able to invert the bowl, and the whipped brine should not move an inch.
3. Fold whipped chickpea brine into the chocolate and mix until well combined. The mixture will deflate slightly. Spoon the mixture between 4 small serving glasses and place in the fridge for 8 hours (or overnight) for the mousse to set.

