

FOOD FOR LIFE RECIPE OF THE WEEK

PCRM Physicians Committee for Responsible Medicine

RECIPE OF THE WEEK | Berry Mousse

This is so easy that it's hardly a recipe! Your blender does most of the work. This can be eaten as a pudding or used as a topping for fruit.

Ingredients

Makes 4 servings

- 1 12.3-ounce package reduced-fat extra-firm silken tofu, crumbled
- 2 3/4 cups thawed frozen unsweetened berries of choice
- 3 tablespoons sugar, or 2 tablespoons agave nectar
- 1 tablespoon berry liqueur (optional)

Directions

Blend tofu, berries, sugar or agave nectar, and liqueur, if using, in a blender or food processor until smooth. Spoon into 4 pudding dishes and refrigerate until chilled.

Per serving (1/4 recipe): 122 calories; 0.9 g fat; 0.1 g saturated fat; 6.4% calories from fat; 0 mg cholesterol; 6.2 g protein; 24.2 g carbohydrates; 16.7 g sugar; 3.2 g fiber; 77 mg sodium; 56 mg calcium; 1.8 mg iron; 62.6 mg vitamin C; 41 mcg beta-carotene; 0.5 mg vitamin E

Recipe from *Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs* by Neal D. Barnard, M.D.; recipe by Bryanna Clark Grogan

Please feel free to tailor PCRM recipes to suit your individual dietary needs.