

Creating quick and easy meals including sweets and snacks is a must for most of us, most of the time. While I love leisurely hanging out in the kitchen preparing everything from a dinner feast to freezer meals or in-between-meals treats, much of the time it's a *make-it-fast* mode I am in. It's one of the reasons I love working with silken tofu.

From a super quick cream sauce, dressing or dip, it works great for a dessert or non-dairy yogurt option. While feeling ever so indulgent, this creamy citrus and berry mousse delivers a great dose of protein, fiber and the isoflavones in soy foods may help [lower cancer risk](#). Add to the benefits that this dessert is low in added sugar and the raw honey used is nutrient dense. Preparing and eating delicious foods that are great for health is a wonderful way to meal plan. Make this recipe today, it's sure to become an easy go-to.

Citrus Orange n Blueberry Mousse

- Dessert or Breakfast
- Serves: 4
- Dairy, nut, gluten free, vegan
- Prep time: 10 mins plus 30 mins drain time and 2 hours to chill

INGREDIENTS

1 pkg organic silken tofu, approx 350gr, drained in a coffee filter lined mesh sieve 30-60 mins
1/4 cup orange and lemon infused honey
1/4 cup canned coconut cream
¼ cup fresh orange juice
Zest from 2 organic oranges
1-2 drops essential orange oil, edible grade only
Sea salt, just a little pinch

GARNISH

Store bought or home-made Blueberry jam or compote – try farmers markets
Additional organic orange, lemon or lime zest if desired and fresh berries

DIRECTIONS

1. Measure all of the ingredients except the blueberry jam until creamy and mousse like. Taste and adjust seasonings.
2. Once ready to serve combine ½ cup of the mousse with a tbsp of the jam and set aside then divide the remaining mousse into four stemmed glasses.
3. Drop a tbsp of the blueberry mousse into each of the glasses and swirl using a butter knife then top with a dollop of the blueberry jam and zest if using
4. Chill until ready to serve. (At least two hours).

Teri Gentes

Whole Self Health
and Natural Nutrition

www.terigentes.com www.familyphysio.com

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TERI'S TIPS:

- Make quick compote with blueberries or berries of your choice by heating in a stainless steel pot adding a touch of stevia or honey if needed. Let cool before using.
- Add some crunch with a layer granola, the mousse and top with fruit.
- Adding an oz or so of orange liqueur and a little candied orange peel elevates this dessert to gourmet status.
- Freeze remaining coconut cream for soup, stew, sauce, smoothies, etc, or make into a quick non-dairy milk or cream by blending with water and a tiny pinch of sea salt.

REAL FOOD FOR REAL HEALTH

www.terigentes.com teri@terigentes.com 613 521 9800 / 613 277 5817