

Give this tofu-based mousse a go...

PHIL VICKERY'S SILKY CHOCOLATE MOUSSE

INGREDIENTS

SERVES 2

150g silken tofu, drained
2tsp vanilla extract
1tbsp unsweetened cocoa powder
5g dark chocolate

METHOD

1. Pat dry the tofu and then puree in a food-processor or blender for a few seconds until smooth.
2. Add the vanilla, sift in the cocoa (to avoid lumps) and blend briefly.
3. Melt the chocolate on low power in a microwave until runny. (If the chocolate cools too fast the texture might become grainy instead of mixing in smoothly.) Add to the tofu mixture in the food-processor. Pulse until smooth.
4. Divide between two little serving dishes, such as ramekins, and pop in the fridge to chill until ready to serve.

NUTRITION TIPS: Serving with a few cherries or raspberries on the side will add some useful fibre. Dark chocolate with a high cocoa content (70% or more) is a good source of iron, magnesium, copper, manganese, potassium,



phosphorus, zinc and selenium.

Energy 75kcal

Protein 6.3g

Fat 4g

Saturated fat 1.1g

Carbohydrate 3.7g

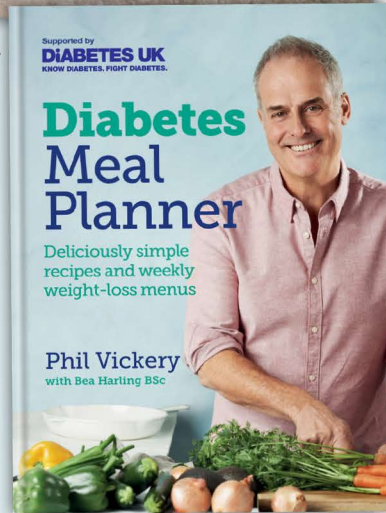
Total sugars 1.6g

Salt 0g

Sodium 0mg

Fibre 1g

● Diabetes Meal Planner by Phil Vickery with Bea Harling BSc, is published by Kyle Books and supported by Diabetes UK, priced £22



TV chef Phil Vickery is currently celebrating the release of his latest cookbook, Diabetes Meal Planner, written with food scientist Bea Harling BSc.

Every recipe is checked rigorously by Diabetes UK, even “down to half grams” of things like salt, fat and sugar.

“They are very, very sharp people and quite particular,” says Phil of his collaborators, describing how scrupulous and complex the recipe-writing process was - so much so that the team had no qualms about knocking recipes back to him, until they were exactly right and met their guidelines with precision.

And while his younger self might have jostled against such restriction, for Phil now, after years of experience writing gluten-free and diabetes recipes, it instead provides a framework in which to be imaginative and “box a bit clever”.

This silky chocolate mousse recipe from the book features tofu.

“Silken tofu is creamy and smooth, with a subtle flavour that lends itself to thicken and create this chocolatey treat,” says the 59-year-old.

“It just happens to be vegan and low-calorie too.”

