



# Anne's Blueberry Mousse

## Instructions

1. Place blueberries in a food process and process into tiny pieces.
2. Add maple syrup and blend until a smooth sauce.
3. Add silken tofu and lemon juice, and continue to blend, scraping down the sides as needed, until very smooth.
4. Serve with tiny spoons in wine glasses with raspberries or blueberries on top and a sprig of mint.

Enjoy!

## Ingredients

- 2 cups frozen blueberries
- 1/3 cup maple syrup
- 1 12 ounce SILKEN Lite Tofu, Mori Nu Brand suggested
- 1 tablespoon lemon juice plus zest

Excerpted from [Jane Esselstyn's YouTube Channel from December 20, 2020](#)