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Healthy Chocolate Mousse

- 5 oz. dark organic chocolate
- 8 oz extra firmly silken tofu
- 3 TBS Florida Crystals sugar
- 3 egg whites

Directions:

1. Melt chocolate and sugar together in a double boiler stirring constantly.
2. Puree in blender chocolate, sugar and tofu. You have to stop once in awhile to scrape the sides of the blender with a rubber spatula. Transfer chocolate mixture to a bowl scraping blender well to get it all.
3. Beat egg whites to a semi stiff peak in a separate bowl. With a rubber spatula, fold egg whites into chocolate, tofu puree 1/3 amount at a time. Be careful not to over mix. Refrigerate for about 8 hours for best flavor and texture.