Blueberry & coconut mousse with toasted almonds & chia seeds

Preparation time

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Serves

2

Recipe courtesy of

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Ingredients Method Nutrition

1 cup silken tofu

2 tbsp vanilla pea protein (or any protein powder you prefer, you can also use almond meal and add a bit more sweetener)

½ cup frozen blueberries

1 tbsp chia seeds

1 tbsp desiccated coconut

1 tsp vanilla extract

1 tsp Natvia stevia (or any sweetener you prefer)

Toppings for taste (suggested amount provided):

5-6 almonds cut in half and toasted

extra chia seeds (2 tsp)

coconut (2 tsp)

fresh blueberries (1/4 cup)

1. Add all ingredients except the toppings into a blender and blend until smooth.
2. Pour into 2 serving glasses and sprinkle on toppings.

Nutritional information is provided per serve

Engery	853kJ (204 calories)
Protein	18g
Saturated Fat	4g
Total Fat	10g
Carbohydrates	8g
Sugars	6.5g
Dietary Fibre	6.5g
Sodium	144mg