



CHOCOLATE BREAKFAST PARFAIT



GF



NF



RSF



OF

ReShape.

CHOCOLATE BREAKFAST PARFAIT



2 servings



15 min



easy

Ingredients

Chocolate mousse

50 g dark vegan chocolate

200 g (0.7 cups) silken tofu

15 ml (1 Tbsp) maple syrup

2 tsp ground cinnamon

a pinch of cardamom

a pinch of salt

Other layers

170 g (1 medium-sized) apple

200 g plant-based yogurt

40 g of your favorite plant-based granola

a few pinches of ground cinnamon

Toppings

ground cinnamon

your favorite plant-based granola

apple slices

Instructions

1. Over the double boiler melt the chocolate.
2. In the meantime blend the silken tofu with a hand/immersion blender until smooth. add in the maple, cinnamon, cardamom, and salt.
3. When the chocolate is melted add it into the silken tofu.
4. Divide the chocolate mousse equally between two glasses.
5. Slice a few thin half-moons of apple and set aside. Dice finely the rest of the apple.
6. Top the chocolate mousse with apple. Sprinkle with cinnamon and add the layer of yogurt (about 80 g in each glass, leave the leftover 40 g for the second layer).
7. Over the yogurt sprinkle your favorite granola.
8. Finish it up with the layer of yogurt and top with extra cinnamon, granola, and apple slices.
9. Serve immediately!

Notes & Tips

1. Cinnamon - if possible, use Ceylon cinnamon instead of Cassia. Ceylon cinnamon (known also as 'the true cinnamon') is more flavorful.
2. When melting the chocolate make sure there is no water getting into the melted chocolate or it will be ruined!

