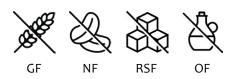


CHOCOLATE BREAKFAST PARFAIT



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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 cardamon
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!







