



## Jenniann's Chocolate Mousse

### Ingredients

1 pack silken tofu	Waitrose silken tofu £1.85
250 grams dark chocolate chips	Aldi £1.98 (79p per 100gms)
5 medjool dates, pitted	Waitrose 75p (£4.50 for 500gms)
120 ml plant milk	Lidl Oat milk 13p (£1.09 per litre)

### Method

1. Melt the chocolate in a water bath or a microwave.
2. Add all ingredients to a blender or food processor and blend until smooth
3. Transfer to a food container and place in a fridge to set for several hours or overnight.
4. Enjoy with toppings of your choice e.g. berries

## James's Savoury Topping

### Ingredients

100 grams cashews	Grape Tree £1.50 (£4.49 per 300 gms)
2 tbs nutritional yeast	Sainsbury's Bosch Nooch 50p (£3.50 per 100 gms)
1 tsp salt	

### Method

1. Toast the cashews until golden (in a frying pan or in the oven at a low heat) This doesn't take long so don't walk away!
2. Leave the nuts to cool
3. Add all the ingredients to a blender and whizz until grainy.
4. Transfer to a lidded jar and store in the fridge when not in use.



## Scrambled Tofu

### Ingredients

400grams firm tofu  
½ tsp onion powder  
½ tsp garlic powder (optional)  
¼ tsp paprika (optional)  
¼ tsp ground turmeric (optional – good for colour)  
Pinch chilli flakes (optional)  
½ tsp Indian black salt (Kala Namak)  
  
pepper to taste  
2 tbsp nutritional yeast  
120 ml plant milk  
1 tbs cooking oil

Sainsbury's £3.33 (£2.50 per 300 gms)

[BuyWholeFoodsOnline.co.uk](http://BuyWholeFoodsOnline.co.uk) £1.96 per 250gms)

### Method

1. Press tofu for 15 minutes to drain excess water.
2. Combine remainder of ingredients, apart from the oil, and whisk together to form a sauce.
3. Crumble the tofu.
4. Heat the oil in a pan and cook the tofu for a few minutes over a medium heat.
5. Add the sauce and gently coat the tofu.
6. Cook for 1 or 2 minutes until the desired consistency is achieved.
7. Check seasoning and serve.