

## **Carob Mousse**

## **Ingredients:**

3 cups raw cashews

2 1/4 cups unsweetened soy milk

1 TS vanilla extract

1/3 cup carob powder

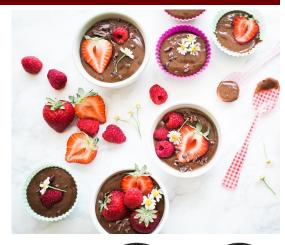
12 -14 pitted Medjool dates (to taste)

% Daily Value

2% 6%

2%

1/4 tsp salt







## **Nutrition Facts**

servings per container

Serving size 1/4 cup (56g)

Amount per serving

Calcium 24mg

Potassium 135mg

Iron 1mg

Calories 140

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Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## **Instructions:**

- 1. Rinse the cashews and soak overnight.
- 2. Drain the water from cashews and place it on a high speed blender or food processor, along with all the other ingredients, and blend until smooth.
- 3. Refrigerate and serve topped with berries or the fruit of your choice.

Recipe by Maggie Carneiro