

Berry Mousse

1 package (12.3 ounces) reduced-fat extra-firm silken tofu, crumbled
2 3/4 cups thawed frozen unsweetened berries of choice
3 tablespoons sugar or 2 tablespoons agave nectar

Blend the tofu, berries, sugar or agave nectar, and liqueur, if using, in a blender or food processor until smooth. Spoon into 4 pudding dishes and refrigerate until chilled.

Recipe from Dr. Neal Barnard's Program for Reversing Diabetes by Neal D. Barnard, M.D. Recipes by Bryanna Clark Grogan.

