



USOC
SPORTS NUTRITION

Weekly Recipe:

Vegan Peanut Butter Mousse

If you are looking for a dessert that is quick, easy, and healthy try this vegan peanut butter mousse. This dessert, which can also be a tasty snack or easy breakfast, is made with just six ingredients in a food processor, blender, or magic bullet. Silken tofu has a natural pudding-like texture making it the tofu of choice for this smooth, creamy dessert. The recipe is simple to adjust to your taste preferences and can be eaten as soon as the ingredients are blended together or after the mixture has been allowed to set in the refrigerator for a few hours. Refrigerating the mixture will allow the flavors to blend together producing a thicker mousse with stronger flavor. The toppings for this treat are endless, while chocolate chips are suggested you could add granola, toasted coconut, a drizzle of Nutella, or dried fruit like banana chips.

Ingredients:

Yield: 4 servings

1 box of firm silken tofu

1/3 cup peanut butter

Up to 1/4 cup of agave or maple syrup (depending on taste and consistency)

1 Tbsp. soy milk (more if too thick)

1/2 tsp. vanilla

Pinch of salt

Optional toppings: chocolate chips or crushed chocolate chip cookies

Directions:

1. Place all ingredients into small food processor and blend. Add in more milk if it's too thick or the blade gets stuck. Taste and adjust amount of peanut butter, syrup, and salt to your liking.
2. Pour into 6 small bowls or ramekins, cover with foil and let set in the fridge for approximately 1 – 2 hours.
3. Top with chocolate chips, crushed chocolate chip cookies, toasted coconut, granola, dried banana chips, a drizzle of Nutella or use as a dip for apples.

*Cooking Tip: Try freezing for a nice cold treat!



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Amount	1 cup (1/6 of total)
Calories	153
Fat (g)	9
Sat. Fat (g)	1.5
Carb. (g)	15
Fiber (g)	1
Protein (g)	6

Gluten free, Vegan.

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While nuts and nut butter are higher in calories, they are also rich in nutrients, providing a nice source of unsaturated (polyunsaturated and monounsaturated) fat, as well as fiber and protein. The fat and fiber help to create a long lasting feeling of fullness. Nuts also provide nice source of vitamins and minerals including folate, vitamin E, magnesium, niacin, and copper. These vitamins and minerals are important for a healthy immune system and energy metabolism. Peanuts contain more protein than any other nut and specifically the amino acid arginine. Arginine is important during exercise as it helps open blood vessels allowing for better circulation of blood to active muscles. The protein provides amino acids that help repair damaged tissues and cells during recovery from exercise.

Silken tofu is a good source of protein and iron, both of which are critical to transport of oxygen to muscles. Tofu is also rich in omega-3 fatty acids which support a healthy heart, aid to lower cholesterol and decrease inflammation. This dessert provides a nice balance of sweet and savory depending on the topping you choose!

