



Great news about coffee!

Indulgence without Guilt: Try Making this Memorable Dessert for Holidays or Special Occasion

It's never a bad time to indulge – especially when the dessert is low on guilt. The next time you have a hankering for a sumptuous and memorable treat, here's a recipe that will satisfy your palate as well as your conscience.

Silken Soy Chocolate Coffee Mousse combines the hearty zest of coffee, the sweet tang of real cocoa and the sultry smoothness of tofu. Put it all together, and there's certainly a unique treat in store for you.

Chefs often mix taste with texture, and this recipe is a splendid example. Silken tofu is soft and creamy in texture, giving this dessert a mousse-like quality when chilled overnight in the refrigerator. Because the silken tofu is so neutral in taste, the chocolate, coffee, and orange emerge as the major flavors. This chilled dessert is a picture perfect ending to a holiday meal or any celebration.

The recipe calls for a tablespoon of instant coffee, but you can get even more of coffee's healthy benefits if you serve this dessert alongside a cup of piping hot coffee. Whether used in cooking or enjoyed as a beverage, coffee is quickly earning a reputation as a healthy component in the American diet. Although you probably know about coffee's ability to help keep you alert, many scientists now recognize that people who drink moderate amounts of coffee each day may have a lower incidence of Alzheimer's Disease,¹ Parkinson's Disease,² type 2 diabetes³ and even certain types of cancer.⁴

More and more, chefs are using the complex, rich flavor of coffee to add distinction to a wide range of tempting recipes. This one is easy – it was created by Chef Steve Petusevsky, a renowned natural foods gourmet chef and author. For a celebratory effect, he suggests you pour the mousse into decorative champagne or wine glasses or heirloom dessert dishes.

For other flavorful and healthful food creations, you may want to try other coffee recipes available at www.coffeescience.org.

¹Does caffeine intake protect from Alzheimer's disease? *Eur J Neurol*: 2002.

²Coffee and health: a review of recent human research. *Crit Rev Food Sci Nutr*: 2006.

³Coffee, Caffeine, and Risk of Type 2 Diabetes: A prospective cohort study. *Diabetes Care*: 2006.

⁴Influence of Coffee Drinking on Subsequent Risk of Hepatocellular Carcinoma: A Prospective Study in Japan. *J Natl Cancer Inst*: 2005.

Silken Soy Chocolate Coffee Mousse Makes 4 servings

12 ounces silken-style tofu, well drained
7 tablespoons unsweetened cocoa powder
¼ cup chopped bittersweet chocolate, melted
½ cup maple syrup
1 tablespoon orange zest
1 tablespoon instant coffee (regular or decaffeinated)
1 tablespoon vanilla extract
Pinch of salt

Optional: 2 tablespoons coffee liqueur

Process all ingredients in a food processor or blender for 1-2 minutes until smooth. Pour into wine or champagne glasses or dessert serving dishes. Chill overnight. Serve with fresh orange sections, toasted almonds or shaved chocolate garnish on top.

