

Chocolate Raspberry Parfaits FOK

Swick

Serves 6 | Active Time: 20 minutes | Total Time: 1 hour 20 minutes

Step 1: Making and Assembling the Parfaits

- 2 cups fresh raspberries
- 3 tbsp pure maple syrup
- 1 (12-ounce) package firm silken tofu
- 1 tbsp fresh lemon juice
- 1 (12-ounce) package firm silken tofu
- 1/3 cup unsweetened cocoa
- 1/4 cup pure maple syrup
- 1/2 tsp pure vanilla extract
- 1/4 tsp sea salt
- 1/2 cup fresh raspberries, for garnish

To make the raspberry cream.

In a small saucepan, combine the raspberries and maple syrup. Cook over medium-low heat until the raspberries start to break down, about 5-8 minutes. Transfer the mixture to a blender. Add the tofu and lemon juice and blend until smooth and creamy. Transfer to a bowl, cover, and refrigerate the mixture until completely cool.

To make the chocolate cream.

Place the tofu, cocoa, maple syrup, vanilla, and salt in a blender. Puree until smooth and creamy.

To assemble the parfaits, fill 6 (6-ounce) parfait cups halfway with the chocolate cream and the remainder of parfait with the raspberry cream.

Chill for 1 hour before serving. The chocolate and raspberry layers can be made separately 1 day ahead and then assembled to serve.

Just before serving, garnish each parfait with a few fresh raspberries.