

Orange Mango Tofu Mousse

Recipe by Karoline Mueller

Ingredients:

- Zest of 1 orange
- Juice of 1 orange
- 1 package of tofu, firm or extra firm
- 2-3 Ataulfo mangoes, fresh or frozen, sliced

Directions:

Tofu comes in a range of consistencies. By using firm tofu and pressing out any excess water, the liquid can now be replaced with juice. The orange juice contains citric acid and vitamin C that slow the browning of the mangoes. To achieve a smooth mousse, the blender needs to be fast enough to puree the tofu curds. A Nutribullet should work.

Cut the plastic film off the tofu tub, pour off the water, use the bottom of a rectangular container to press the tofu until it crumbles, and pour off more water. Squeezed until no more water can be released.

In the blender container, add tofu, orange zest and juice, and Ataulfo mangoes. Blend until smooth.

About the mangoes: The mangoes need to be very sweet; Ataulfo or Champagne mangoes are ideal.

Because of the friction of the blending, the mousse will be warm and needs to be refrigerated. When pre-freezing the mangoes, the blending will result in a chilled mousse.

Info on Ataulfo mangoes:

[https://en.wikipedia.org/wiki/Ataulfo_\(mango\)](https://en.wikipedia.org/wiki/Ataulfo_(mango))