

## **Raspberry Mousse**

### **Ingredients**

1 12.3 ounce package reduced-fat extra firm silken tofu, crumbled

2  $\frac{3}{4}$  cups thawed frozen unsweetened raspberries

2 Tablespoons agave nectar

1 Tablespoon berry liqueur (optional)

### **Instructions:**

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