

LOVE STARTS IN THE KITCHEN!™

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Need a special chocolate recipe for that special someone? Don't feel guilty about adding chocolate to your diet. It's full of antioxidants – the darker the chocolate, the healthier it is for you. So go ahead and indulge!

Rita's Tofu Chocolate Mousse

I know, I know, some of you are tofu challenged. But tofu is a powerhouse of nutrition and using it to make a mousse will fool everyone into thinking they're eating the real thing! Stop in Natural Foods to buy everything you need for this.

3/4 to 1 cup good quality chocolate chips

12 oz silken soft tofu, room temperature, cut up

1/2 cup warm milk

Microwave chips until almost melted. Stir until remaining lumps smooth out.

Puree chocolate with tofu and milk until smooth. Push through sieve into a bowl.

Scoop into serving dishes and refrigerate about 30 minutes. Garnish with shaved chocolate, berries or chocolate chips, if you like. Serves 4.

Cappucino Mocha Pudding Cake

If you're making this for kids or someone who doesn't like coffee flavor, just leave out the espresso powder. The fun thing about this is you learn a bit of food chemistry: the hot chocolate sauce is poured over the top of the cake batter, and as the cake bakes, the fudge sinks to the bottom while the cake batter rises to the top!! Delicious served with a dollop of whipped cream.

Batter:

2 cups flour

1/3 cup plus 1 tablespoon cocoa powder

1 tablespoon baking powder

2 teaspoons instant espresso coffee powder

1-1/2 cups sugar

1 cup chopped toasted walnuts or other nuts (opt)

1 cup milk

4 tablespoons melted

2 teaspoons vanilla

Preheat oven to 350. Spray a 9x13 pan. Whisk flour, cocoa, espresso powder, baking powder and sugar together. In a separate bowl, whisk milk, oil, butter and vanilla. Add this to dry ingredients and blend. Pour into pan.

Pudding:

1 cup sugar

1 cup brown sugar, firmly packed

1/2 cup plus 2 tablespoons cocoa powder

1-3/4 cup very hot water

Mix sugars and cocoa. Pour hot water over and whisk to blend. Pour gently over the batter. Now this pudding sauce will look quite thin but it gets real thick as it bakes. Bake for 30-35 minutes or until center is set and firm to touch. Don't overbake or you won't get much pudding!

RITA ON THE WEB!

Log onto my website: www.Abouteating.com

MORE RITA!

Check out my books *Gifts without Ribbons*, *Culinary Herbs that Heal Body and Soul*, *The Official Snack Guide for Beleaguered Sports parents and Sports Nutrition for Dummies* (I developed the recipes) and also my yummy bread blends.

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