

# Plant-Based Chocolate Mousse



  
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# Plant-Based Chocolate Mousse

AN ORIGINAL RECIPE BY *l'École Gourmet Valrhona*

Makes 8 desserts

## To be done the day before:

GUANAJA 70% soy chocolate mousse  
GUANAJA 70% almond chocolate mousse

## GUANAJA 70% SOY CHOCOLATE MOUSSE

Preparation time: 30 minutes  
Rest time before use: 12 hours

- |      |                                      |   |
|------|--------------------------------------|---|
| 300g | <b>GUANAJA 70%</b> chocolate         | Melt the <b>GUANAJA 70%</b> chocolate.  |
| 65g  | Soy drink<br>(2.2% fat)              | Heat the soy drink and cream, split them into 3 batches and combine them one by one with the melted <b>GUANAJA 70%</b> chocolate, stirring vigorously with a spatula. |
| 185g | Soy cream alternative<br>(15.4% fat) | Beat the chickpea water until stiff while gradually adding the 50g of sugar.  |
| 220g | Aquafaba*<br>(Chickpea water)        | Fold them very gently into the previous mixture.  |
| 50g  | Sugar                                | Store in the refrigerator overnight before use.   |

\*See the nutrition tip section at the end of the recipe.

## GUANAJA 70% ALMOND CHOCOLATE MOUSSE

Preparation time: 30 minutes  
Rest time before use: 12 hours

- |      |                              |  |
|------|------------------------------|--|
| 300g | <b>GUANAJA 70%</b> chocolate | Melt the <b>GUANAJA 70%</b> chocolate.   |
| 65g  | Almond drink<br>(1.8% fat)   | Heat up the almond drink and potato starch flour until it has thickened, then pour in three steps over the melted <b>GUANAJA 70%</b> chocolate. Stir vigorously using a spatula. |
| 25g  | Potato starch                | Beat the chickpea water until stiff while gradually adding 50g of sugar.   |
| 320g | Aquafaba<br>(Chickpea water) | Fold them very gently into the previous mixture.   |
| 50g  | Sugar                        | Store in the refrigerator overnight before use.  |

## Nutrition tip

Aquafaba is the water obtained by cooking chickpeas. It can be used as an egg white alternative. After it is beaten with sugar, this liquid has a whisked texture and white color, just like egg whites. As a result, it can be used to make meringues, macarons and sponge cakes without using eggs. 100% vegan technique