

Melanie Mitro

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Shakeology Chocolate Mousse



This shakeology chocolate mousse is decadent, but also packed with essential vitamins and nutrients.

4 oz. soft tofu

1 scoop Chocolate Shakeology

¼ almond milk

1 Tbsp. almond butter

Put all ingredients in processor and process for 90 seconds.

Refrigerate for an hour.

Optional: Garnish with almond slivers, banana slices, or fresh strawberries