



Makes 6 Parfaits
Cook Time: 1 hours 30 minutes

INGREDIENTS:

FOR THE RASPBERRY CREAM:

2 cups fresh raspberries
3 tablespoons pure maple syrup
1 (12-ounce) package firm silken tofu
1 tablespoon fresh lemon juice

FOR THE CHOCOLATE CREAM:

1 (12-ounce) package firm silken tofu
1/3 cup unsweetened cocoa
¼ cup pure maple syrup
½ teaspoon pure vanilla extract
¼ teaspoon sea salt

GARNISH:

½ cup fresh raspberries, for garnish

Chocolate Raspberry Parfaits

Chocolate and raspberries have a natural affinity for each other, as is well showcased in this delicious dessert.

From *The Forks Over Knives Plan*

This healthy parfait recipe is also available in our convenient [iPhone app](#) and newly released [Android app](#).

<https://www.youtube.com/watch?v=rtdVzQmH2BA>

By Del Sroufe

- 1** To make the raspberry cream, combine the raspberries and maple syrup in a small saucepan. Cook over medium-low heat until the raspberries start to break down, about 10 minutes.
- 2** Transfer the mixture to a blender. Add the tofu and lemon juice, and blend until smooth and creamy. Transfer to a bowl, cover, and refrigerate the mixture until completely cool.
- 3** To make the chocolate cream, place the tofu, cocoa, maple syrup, vanilla, and salt in a blender. Purée until smooth and creamy.
- 4** To serve, fill six (6-ounce) parfait cups halfway with the chocolate cream. Fill the ramekins the remainder of the way with the raspberry cream.
- 5** Chill for 1 hour before serving. The chocolate and raspberry layers can be made separately 1 day ahead and then assembled to serve.
- 6** Just before serving, garnish each ramekin with a few of the fresh raspberries.