



Makes 4 mousse cups
Preparation Time: 15 minutes
Cook Time: 10 minutes

INGREDIENTS:

1 cup unsweetened freeze-dried strawberries

¼ cup aquafaba (liquid from canned no-salt-added chickpeas)

1 tablespoon pure cane sugar

1½ teaspoons pure vanilla extract

3 pitted Medjool dates

1 15-oz. can no-salt-added black beans, rinsed and drained (1½ cups)

⅓ cup unsweetened, unflavored plant-based milk

¼ cup unsweetened cocoa powder

¼ cup unsweetened applesauce

1 cup small fresh strawberries

Black Bean Chocolate Mousse with Whipped Strawberry Cream

Who knew **black beans** could make such a decadent dessert? We did! This rich, plant-based mousse blends fiber-packed black beans and sweet Medjool dates into a smooth, airy chocolate mousse—no dairy or tofu needed. Ground freeze-dried **strawberries** add color and tang to the whipped “cream,” which is made with aquafaba, creating a pillowy contrast. Finished with fresh berries and a dusting of strawberry powder, this stunning dessert satisfies any sweet tooth, whether it’s a special occasion or a midweek treat.

Tips:

Storage: This dessert is best served the day it’s made. You can cover and refrigerate the mousse and the strawberry cream separately for up to 4 hours before serving, if needed.

Stupid simple version: For an even quicker dessert, start at step 3 and make just the chocolate mousse and top it with fresh or frozen chopped strawberries or raspberries. The tangy flavor and vibrant color of the berries pair perfectly with the velvety chocolate mousse. Made with just a handful of everyday ingredients, this dessert can be whipped up at a moment’s notice, if needed.

For more inspiration, check out these tasty ideas:

- [Chocolate Raspberry Parfaits](#)
- [Southern-Style Banana Pudding Parfaits](#)
- [Outrageously Healthy Black Bean Brownies](#)
- [Chocolate Mousse Pie](#)

By Caitlyn Diimig, RD

- 1 In a small food processor grind freeze-dried strawberries into a fine powder.
- 2 To make Whipped Strawberry Cream: In a medium bowl combine 3 tablespoons of the strawberry powder with the aquafaba, sugar, and 1 teaspoon of the vanilla. Stir until sugar is dissolved. Beat with an electric hand mixer on medium to high speed until foamy. Continue beating on high for 5 minutes or until stiff peaks form (tips stand straight).
- 3 Place dates in a small bowl. Add boiling water to cover. Soak 10 to 15 minutes or until softened; drain.
- 4 In a food processor combine soaked dates, beans, milk, cocoa powder, applesauce, and remaining ½ teaspoon of vanilla; process until smooth and airy. Spoon mousse into four serving dishes. Top with Whipped Strawberry Cream, fresh strawberries, and remaining strawberry powder.