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Lemon Cheesecake Mousse

Total Time: 20 mins

Ingredients

- 4 teaspoon egg white(s), dried
- 1/4 cup(s) water
- 1 teaspoon vanilla extract
- 1/4 cup(s) sugar
- 1/2 package(s) tofu, silken-style firm, light, (6.15 ounces) cut into 1/2-inch-thick slices and well drained in white paper towels
- 4 ounce(s) cream cheese, reduced-fat
- 2 teaspoon lemon peel
- 1 tablespoon lemon juice
- 3 tablespoon preserves, strawberry, reduced-sugar
- strawberries, (optional)
- sprig(s) mint, fresh, (optional)

Preparation

1. In a medium bowl, combine dried egg whites, the water, and vanilla. Beat with an electric mixer on medium-high speed until soft peaks form (tips curl). Gradually beat in sugar until stiff peaks form (tips stand straight). Set aside.
2. In a blender or food processor, combine tofu, cream cheese, lemon peel, and lemon juice. Cover and blend or process just until smooth. Do not overmix. Gently fold tofu mixture and preserves into egg white mixture. Stir just until combined but some streaks of the egg mixture and preserves remain.
3. To serve, spoon mousse into 6 dessert dishes. Top with fresh strawberries. If desired, garnish with mint sprigs.

