
Chocolate pudding with tufu

Judy Gilliard

Servings: 4

12 ounces tofu, firm, , drained
2/3 cup cocoa powder, dutch processed
2/3 cup turbinado sugar (raw sugar)
1 teaspoon instant coffee powder
1 teaspoon vanilla
1/4 cup chocolate chips, melted

Place all ingredients in food processor with still blade and run until smooth.

You can use this as a pudding, or as a topping.

Per Serving (excluding unknown items): 289 Calories; 10g Fat (26.5% calories from fat); 10g Protein; 52g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 12mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1 1/2 Fat; 2 1/2 Other Carbohydrates.

Copyright: www.chefjudy.net

