

Tofu Chocolate Pudding

1 12.3 oz. package lite silken tofu
(firm or extra-firm)
 $\frac{2}{3}$ cup unbleached cane sugar
 $\frac{1}{3}$ cup unsweetened cocoa
2 tsp. vanilla extract
pinch of salt

Place all the ingredients in a blender or food processor fitted with a metal blade and process several minutes until smooth, creamy and thick. Transfer to a storage container and chill in the refrigerator until serving time.

Yield: 4 servings (approx. 2 cups)

Per serving: 239 calories; 9g protein; 3g fat; 46g carbohydrate; 0mg cholesterol

Source: *Vegan Vittles* by Joanne Stepaniak (The Book Publishing Company, 1996) ISBN 1-57067-025-0