

## Quick and Easy Tofu Chocolate Pudding

Makes 6-8 Servings; ½ cup per serving

Nutrients Per Serving:

190 Calories | 10g Fat (1.5g Saturated) | 24g Carbohydrates | 18 g Added Sugar | 10g Protein | 10 mg Sodium | 3 g Fiber

### Equipment Needed

 <p>Food processor or blender</p>	 <p>Measuring cups &amp; spoons</p>	 <p>Rubber spatula</p>	
--	--	---	--

### Ingredients Needed

*\*Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.\**

 <p>1 (12.3 oz) package firm tofu</p>	 <p>1/4 cup cocoa powder</p>	 <p>1 tablespoon canola oil</p>	 <p>1/3 cup sugar</p>	 <p>1/2 teaspoon vanilla extract</p>
---	---	---	---	---

### Directions

(Tbsp = tablespoon, tsp = teaspoon)

<p>1</p>  <p>Wash hands.</p>	<p>2</p>  <p>Place all the ingredients in food processor or blender and blend until smooth: 1 (12.3 oz) packages of tofu, 1/4 cup cocoa powder, 1 Tbsp canola oil, 1/3 cup sugar, 1/2 tsp vanilla extract Scrape sides of the food processor bowl with a rubber spatula as needed.</p>	<p>4</p>  <p>Chill thoroughly, about 15 minutes. Enjoy!</p>
---	---	--