

Dark Chocolate Pudding



INGREDIENTS

Makes 6 servings

1/2 Cup Non-dairy Chocolate Chips
6 oz Lite Silken Tofu
1/4 Cup Non-dairy Milk
1 Tbls Maple Syrup
1/2 Tsp Cinnamon
1 Tsp Vanilla Extract

Instructions

Put chips into microwavable bowl. Put in microwave for 2 minutes. Check chips. When chips are fairly melted they are ready. Put them back into the microwave at 15 second intervals, if they are not ready.

Put all other ingredients into a blender or food processor. Process for 10 seconds. Add chips. Process until smooth.

Pour into serving cups. Chill for 30 minutes. Serve.

There is a video of 9 year olds making this pudding on my website: <http://LaDivaDietitian.com> on the Planet Pyramid.

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Serving	Cal	Fat from Calories	Fat	Sodium	Protein	Fiber	Sugars	Vit A	Vit C	Calcium	Iron
89g	167	79	8g	44mg	4g	2g	19g	1%	0	3%	6%