



Silken Tofu Chocolate Pudding

Tofu is a soybean product that comes in many forms from silken to extra firm. Using silken tofu in this recipe creates a creamy no bake chocolate pudding that is vegan and high in protein. It hits the spot when you're looking for something sweet and chocolatey.

Feel free to adjust the sweetness to your preferred taste.

Yield: 6 servings: 3 ounces per serving

Ingredients:

- ½ cup chopped dark chocolate or dark chocolate chips
- 16 ounces silken tofu
- 3 Tbsp. unsweetened cocoa powder
- ¼ cup maple syrup or cane sugar
- Pinch salt

Directions:

1. Melt the dark chocolate in a microwave-safe bowl by heating it for 30 seconds in the microwave, stirring, and continuing to heat for 15 seconds at a time until the chocolate is melted. Don't microwave for longer intervals, as the chocolate may burn and lose its silky, melted texture.
2. Add the melted chocolate and all other ingredients to a blender. Blend until completely smooth. Pour the mixture into 4 or 6 small bowls. Refrigerate overnight to set the pudding. Enjoy!

Nutrition info per serving:

Calories: 138, Saturated Fat: 2.8g, Sodium: 53mg, Added Sugars: 8g, Fiber: 1.2g, Protein: 4.4g

Source:

<https://www.thefullhelping.com/silken-tofu-chocolate-pudding/>