

# INSTANT CHOCOLATE PUDDING

Recipe From: Forks Over Knives The Plant-Based Way To Health

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Top the pudding with strawberries, blueberries, or raspberries, covered with balsamic vinegar. Use the Mori-Nu extra firm, firm, or firm lite tofu for this recipe.

## **Makes 1 ¾ cups**

**1 ½ cups (12 ounces) firm silken tofu, crumbled and drained of water**

**¼ to ½ cup dry sweetener or pure maple syrup (or artificial sweetener or agave nectar)**

**1/3 cup unsweetened cocoa or carob powder (I use ¼ cup)**

**2 tsp vanilla extract**

**Pinch of salt, optional (salt is not necessary)**

**Place all ingredients in food processor and blend several minutes until smooth and creamy. Chill in the refrigerator until serving time.**

**Tip: Start with the smaller amount of sweetener and add a little more as needed to suit your taste.**