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

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.