



Blueberry Lemon Pudding

Yield: 4 servings

Ingredients

2 cups blueberries
6 tablespoons lemon juice, divided
5 tablespoons sweetener, maple syrup or honey, divided
1 tablespoon cornstarch
1 teaspoon lemon zest
1 teaspoon vanilla extract
16 ounces silken tofu
¼ cup toasted sliced almonds

Instructions

1. Heat a small pot over medium heat and add blueberries, 2 tablespoons lemon juice and 2 tablespoons sweetener. Stir frequently and cook until reduced and thickened, set aside to cool.
2. In a small pot whisk together ¼ cup lemon juice, 3 tablespoons sweetener, cornstarch, lemon zest and vanilla. Heat over medium heat and keep whisking until mixture thickens.
3. In a food processor or blender, add tofu and cooked lemon juice mixture. Blend until smooth.
4. In 4 small serving glasses, alternate layers of tofu mixture and blueberry mixture, chill to serve.
5. Before serving, top each one with 1 tablespoon almonds.

Nutrition Information

Serving Size: ¼ of recipe
Calories: 242
Total Fat: 7.3 g
Saturated Fat: 0.8 g
Monounsaturated Fat: 2.7 g
Polyunsaturated Fat: 3.1 g
Sodium: 13 mg
Total Carbohydrate: 33 g
Dietary Fiber: 2.8 g
Sugars: 23.8 g
Protein: 10 g

Source: Spectrum Health

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