



Chocolate Pudding

Yield: 5 servings

Ingredients

¾ cup semisweet
chocolate chips
16 ounces silken tofu
2 tablespoons unsweetened
cocoa powder
½ teaspoon vanilla extract
1 cup fresh berries: strawberries,
raspberries or blueberries

Instructions

1. Place chocolate chips in a small microwavable bowl. Microwave until melted, stirring every 30 seconds. Alternatively use the double boiler method to melt the chocolate chips.
2. In a blender, add melted chocolate, tofu, cocoa powder and vanilla. Blend until smooth.
3. Place into a medium bowl or individual serving cups and chill before serving.
4. Top with berries before serving.



Nutrition Information

Serving Size: ½ cup
Calories: 160
Total Fat: 9.1 g
Monounsaturated Fat: 2.6 g
Saturated Fat: 9.1 g
Sodium: 68.2 mg
Total Carbohydrate: 18 g
Dietary Fiber: 2.2 g
Sugars: 14 g
Protein: 7.5 g

Source: Dr. Sonali Ruder, thefoodiephysician.com

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