

Tofu Chocolate Pudding



Indulge in a creamy and dairy-free twist on the classic chocolate dessert. Easy to make and bursting with chocolatey flavors, this vegan pudding is an absolute delight!

Preparation 10 min

Cooking 2 min

Servings 3

Nutrition Facts (per serving)

Calories 150

Fat 7

Carbohydrates 17

Fibre 3

Protein 6

Sodium 10

Ingredients

- 300 g unsweetened soft silken tofu
- 1 oz (about 3 squares) dark chocolate
- 10 ml (2 tsp) milk or plant-based beverage (any type)
- 20 ml (4 tsp) maple syrup
- 15 ml (1 tbsp) cocoa powder
- 30 ml (2 tbsp) cornstarch

Preparation

1. In a small microwave-safe bowl, melt chocolate and milk for 50 seconds, stirring halfway through cooking.
2. In another small bowl, whisk cornstarch into water.
3. Pour cornstarch mixture into a small saucepan and cook over low heat while stirring for 2 minutes, or until mixture thickens.
4. Pour all ingredients into a food processor and blend until smooth.
5. Pour the mixture into an airtight container and refrigerate for at least 1 hour before enjoying.

Notes

Can be kept for 5 days in the refrigerator



Meri Makaryan – Nutritionniste Diététiste à Montréal
Registered Dietitian Nutritionist in Montreal