

Creamy Chocolate Silken Pudding

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 1 hour

Step 1: Prepare the Pudding

- 1 package of shelf-stable Silken Tofu, extra firm (12 ounces/340 grams), drained.
- 1/4 cup unsweetened cocoa powder or raw cacao powder
- 1/4 cup plant-milk (almond seems to work best)
- 2–4 tbsp 100% pure maple syrup (adjust to taste)
- 2 tsp 100% pure vanilla extract
- 2 tbsp of brewed coffee (can be decaf)
- A pinch (or two) of cinnamon – to deepen the chocolate flavor (optional)

Drain Tofu: remove tofu from the package, drain any excess fluid. Gently wrap the brick of tofu in a kitchen towel and place in a bowl. Place in the refrigerator for about an hour, the towel will absorb the liquid. This will make it easier for the drained tofu to absorb the chocolate flavor.

Blend all ingredients in a food processor or high-speed blender until silky smooth. Scrape down the sides as needed.

Taste and adjust sweetness or chocolate intensity—add more syrup or cocoa if desired

Chill in the fridge for at least 60 minutes before serving.

Serve with assorted fresh berries or Cashew Vanilla Cream and enjoy.

NOTE: Shelf stable silken tofu is recommended for this recipe. You can find the shelf-stable tofu in the international aisle of your local grocer. If you buy silken tofu in the refrigerated section, its weight is 16 ounces (454 grams), so you will have to weigh out the correct tofu portion for the recipe, or increase the amount of other ingredients.