

Silken Tofu Chocolate Pudding

Web Recipe · Dessert · GF

175 cal · 12g protein · 18g carbs · 6g fat · 4 servings

Ingredients

- 1 block (14 oz) silken tofu drained
- 1/3 cup cocoa powder
- 1/4 cup maple syrup
- 1 scoop vegan chocolate protein powder
- 2 tbsp unsweetened almond milk
- 1 tsp vanilla extract
- 1/4 tsp salt

Instructions

1. Drain the silken tofu.
2. Add tofu, cocoa powder, maple syrup, protein powder, almond milk, vanilla extract, and salt to a high-speed blender.
3. Blend 2-3 minutes until completely smooth and silky. Scrape down sides and blend again.
4. Divide among 4 ramekins or small cups.
5. Refrigerate at least 2 hours to set.
6. Serve topped with fresh berries or coconut whipped cream.

Generated by Meal Planner · Per serving macros