Tofu Chocolate Pudding

NIBBLEDISH CONTRIBUTOR

Ingredients

- a block of silken tofu - about 100g dark chocolate - about 100mL of cream - small square of butter

Instructions

This is quite easy to make and a nice protein-packed dessert. 1. Start by melting the butter in a double-boiler or in a heat-resistant bowl over a sauce pan filled with a small amount of water. Add in the cream along with the chocolate broken into small pieces. Stir until it melts and becomes smooth. 2. Dry the tofu as best you can, but toweling it down will suffice if you can't be asked to do it. Cut in small cubes and add to a blender. Blend until smooth. 3. Add the chocolate mixture into the tofu and blend until mixed. 4. Put into a bowl and let refrigerate until firm. Note: The blender is not absolutely necessary. I've done it before by just mixing it all together by hand. The blender, however, will give it a smoother texture.