

# Chocolate Pudding

**Yield: 5 servings**

## Ingredients

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

## Instructions

1. Place chocolate chips in a small microwavable bowl and microwave them until melted. After 1 minute of heating, stir after every 30 seconds of heating, until melted. You can also use a double boiler method to melt the chocolate chips.
2. In a blender, puree until smooth: tofu, melted chocolate, cocoa powder, vanilla and espresso powder.
3. Place into a medium bowl or individual serving cups and chill in refrigerator before serving.
4. Serve with fresh seasonal berries on top.

## Nutrition Information

**Serving Size: ½ cup (148g)**  
Calories: 162  
Total Fat: 9.1 g  
Saturated Fat: 4.8 g  
Monounsaturated Fat: 0.5 g  
Sodium: 68.2 mg  
Total Carbohydrate: 18 g  
Dietary Fiber: 3.7 g  
Sugars, other: 14 g  
Protein: 7.5 g

Source: Dr. Sonali Ruder, [thefoodiephysician.com](http://thefoodiephysician.com)



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