Silky Chocolate Soy Dessert Recipe

**SERVINGS: 8**

Prep Time: 10 minutes, Chill Time: 30 minutes, Total Time: 40 minutes

**INGREDIENTS**

1 envelope unflavored gelatin   
¼ cup hot water   
1 package (1.4 oz) sugar-free, fat-free chocolate fudge instant pudding   
1 cup cold skim milk   
16 ounces silken tofu   
½ teaspoon vanilla extract   
1 tablespoon cocoa powder (optional)   
¼ teaspoon peppermint extract (optional)

**DIRECTIONS**

1. In a small bowl, mix the hot water and unflavored gelatin. Set aside and allow to firm.
2. In a medium-sized bowl, combine the cold skim milk and instant pudding mix.
3. Dice the tofu into ½- to 1-inch cubes and place in bowl with pudding mixture. Quickly whisk together to break up the soy cubes.
4. Add the vanilla extract and optional cocoa powder and peppermint extract.
5. Spoon the pudding and tofu mixture into a blender or food processor. Blend until smooth. You may need to blend for about 5 seconds and hand mix or shake the contents so that the motor does not stick.
6. Once the mixture has a smoothie-like texture, gradually add the gelatin until well combined and blend again.
7. Pour into a glass 8-inch dish, cover and place in refrigerator for at least 30 minutes to firm. The longer it sits, the firmer it will become.
8. Cut into eight portions and enjoy!

**NUTRITIONAL VALUES**

Serving size: ½ cup or 2-inch square  
Calories: 56  
Carbohydrate: 6 grams  
Fat: 1 grams (0 grams saturated)  
Protein: 5 grams  
Cholesterol: 1 milligram  
Sodium: 181 milligrams  
Fiber: 0 grams