

'dena Colon's Tofu Pudding

Ingredients:

1 box of Mori-nu firm or extra firm tofu, 12.3 oz

(I think you can use regular tofu from the store, something labeled "silky" would be best, but you'd want to be sure you had a similar amount to the 12.3 oz, and that you have drained the liquid off very good)

1 small box of instant pudding & pie filling

(I use Jello brand, sugar free/fat free. Chocolate is our favorite - but I have also used the butterscotch and pistachio flavors)

Directions:

Put 1/2 c. water in base of a blender, and add the pudding mix, then blend til it is mixed.

Add the box of tofu, and continue blending until it is nice and smooth. The tofu blends in easier if the pudding mix has been mixed with water first.

Makes 4 servings.

It can be frozen and thawed as needed or wanted.

I actually add a little chocolate protein powder to this, since I want it to be a high protein dessert, but I don't think it is necessary.