

Creamy Chocolate Pudding or frosting

From "Be a Plant Based Woman Warrior" by Jane Esselstyn and Anne Crile Esselstyn

Two 12 oz packages silken tofu (firm or extra firm)
6 tablespoons cocoa powder
2/3 – ¾ cup maple syrup, to taste
½-1 teaspoon vanilla extract

Drain the tofu and press well to remove as much liquid as possible. Overnight is great, but an hour or two usually does the trick for me.

Place all ingredients in food processor and blend until it's very smooth and there are no flecks of individual particles visible. It will be a thick, creamy consistency ready to eat as pudding. I like to refrigerate mine for a while to let it set up like a creamy chocolate mousse.

Note: The tofu must be "Silken" and must be firm or extra firm to work in this recipe. I found it convenient to buy this in bulk on Amazon. It comes in shelf stable boxes that don't require refrigeration.