

Vegan Chocolate Banana Pudding with Walnuts

Yield: 4 servings (ramekins ~155 g each)



Ingredients

- Silken tofu – 450 g (1 block), drained
- Ripe banana – 100 g (about 1 medium)
- Unsweetened cocoa powder – 40 g ($\approx \frac{1}{2}$ cup, sifted)
- Sugar – 55 g *or* Honey – 40 g (to taste)
- Water – 120 ml ($\frac{1}{2}$ cup) (for dissolving sugar if using granulated)
- Vanilla extract – 1 tsp
- Ground cinnamon – $\frac{1}{2}$ tsp
- Chili powder or cayenne – $\frac{1}{8}$ tsp (optional, adjust to taste)
- Walnuts – 20 g (2 Tbsp), chopped, for garnish (adds ~0.5 g Omega-3 per serving)

Instructions

1. Sweetener prep:
 - If using sugar → dissolve 55 g sugar in 120 ml hot water, cool slightly.
 - If using honey → whisk directly into tofu mixture later, no heating needed.
2. Blend:
 - Add **tofu**, **banana**, **cocoa powder**, **cinnamon**, **chili** (if using), **vanilla**, and **sweetener** (sugar syrup or honey) to a blender or food processor.
 - Purée until completely smooth and silky. Scrape down sides as needed.
3. Chill:
 - Divide mixture into 4 ramekins (~155 g each).
 - **Refrigerate at least 1 hour** (can be made a day ahead).
4. Finish:
 - Before serving, sprinkle each ramekin with 1 T chopped walnuts.

Nutrition (per ramekin, ~155 g)

- Calories: ~205 kcal
- Protein: ~7 g
- Fat: ~9 g
 - Sat Fat: ~1.3 g
- Carbs: ~24 g
 - Sugars: ~14 g
- Fiber: ~4 g
- Sodium: ~15 mg
- Omega-3: ~0.5 g