

## Tofu Chocolate Pudding

Yield: 3–4 small servings

### BASE INGREDIENTS (BOTH VERSIONS)

- 300 g silken tofu
- 1½ tsp vanilla extract
- 2 small pinches salt
- 1 Tbsp maple syrup or 15 g sugar (start here, adjust after blending)
- 1–2 tsp espresso, cooled (optional but recommended)
- Optional texture boost (choose one if needed):
- 1 tsp neutral oil or 1 tsp tahini

### VERSION A: BAR CHOCOLATE

- 100 g dark chocolate (70–85%), chopped
- 1 T (6 g) unsweetened cocoa powder
- 1–2 T hot water or soy milk (to bloom cocoa)

### METHOD – VERSION A

1. Melt **chocolate** gently; cool until warm, not hot.
2. Bloom **cocoa** with **hot water or soy milk** until smooth.
3. Add all ingredients to blender.
4. Blend **60–90 seconds** until completely smooth.
5. **Chill 1–4 hours** before serving.

### VERSION B: COCOA-ONLY (NO BAR CHOCOLATE)

- 30 g unsweetened cocoa powder
- 2–3 T hot water or soy milk (to bloom cocoa)
- 2 T maple syrup or 30 g sugar

### METHOD – VERSION B

1. Bloom **cocoa** with hot liquid until smooth and glossy.
2. Add all ingredients to blender.
3. **Blend 90 seconds** until ultra-smooth.
4. **Chill 2–4 hours** before serving.

### TEXTURE NOTES

Always use silken tofu.

Blend longer than you think is necessary.

Taste again after chilling and adjust sweetness or salt if needed.

### STORAGE

Keeps 5–7 days refrigerated in an airtight container.

Can be frozen; thawed texture resembles chocolate mousse.



**NUTRITION (PER SERVING, APPROXIMATE)**

**Bar chocolate version:**

Kcal: 220 | Protein: 7 g | Fat: 15 g | Sat. Fat: 7 g | Carbs: 17 g | Sugars: 12 g |  
Fiber: 3 g | Sodium: 60 mg

**Cocoa-only version:**

Kcal: 170 | Protein: 7 g | Fat: 6 g | Sat. Fat: 1 g | Carbs: 22 g | Sugars: 15 g |  
Fiber: 5 g | Sodium: 60 mg