

Chocolate Pudding Pie

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Servings: 12

1 recipe Baked Oil Pastry (see recipe in Desserts/Pies)
12 ounces silken firm tofu
2 teaspoons unsweetened cocoa powder
2 teaspoons vanilla extract
1/4 cup milk
1 3/4 cups milk chocolate pieces, melted and cooled
1 teaspoon granulated stevia natural sugar substitute
light whipped dessert topping (optional)
chocolate shavings (for garnish) (optional)
chopped, toasted pecans (for garnish) (optional)

Prepare the Baked Oil Pastry. Set aside.

Place the tofu in a food processor. Cover and process until smooth. Add the cocoa powder, vanilla, milk, melted chocolate and sugar substitute. Process until smooth and creamy. Pour into the cooled pastry shell.

Refrigerate for at least three hours or until almost firm.

Top with whipped dessert topping, if desired.

Sprinkle with chocolate shavings and chopped pecans, if desired.

Silken firm tofu is the secret ingredient in this luxurious chocolate pie. Each decadent slice contains four grams of protein and less than 300 calories.

Per Serving (excluding unknown items): 6 Calories; trace Fat (36.2% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 1mg Cholesterol; 3mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 0 Fat.

Grilled

Per Serving Nutritional Analysis

Calories (kcal):	6	Vitamin B6 (mg):	trace
% Calories from Fat:	36.2%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	46.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	17.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	trace
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	1mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	2
		% Refuse:	0%

Cholesterol (mg):	1mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	3mg
Potassium (mg):	12mg
Calcium (mg):	6mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	6IU
Vitamin A (r.e.):	2RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 6 Calories from Fat: 2

% Daily Values*

Total Fat trace	0%
Saturated Fat trace	1%
Cholesterol 1mg	0%
Sodium 3mg	0%
Total Carbohydrates 1g	0%
Dietary Fiber trace	0%
Protein trace	
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Vitamin A	0%
Vitamin C	0%
Calcium	1%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.