



Banana Chocolate Pudding



1-800-WIC-1007

Ingredients

- 1 16-oz package silken tofu
- 1/4 teaspoons unsweetened cocoa powder
- 1/2 cup chocolate chips
- 1 frozen banana, peeled
- 1/4 teaspoons pure vanilla extract
- 1 tablespoon low-fat milk

Directions

1. Open the package of tofu, drain excess liquid, and place into a blender or food processor.
2. Add the cocoa powder, chocolate chips, banana, vanilla extract, and milk. Blend until consistency is smooth.
3. Garnish with desired topping such as WIC cereal, fresh fruit, nuts, or oats.

Serves: 6 • Serving Size: 1/2 cup • Total Time: 10 minutes

This institution is an equal opportunity provider.

Chef Tips

1. Substitute the milk for preference or allergy
2. Use different chocolate chips such as dark chocolate, semi-sweet chocolate, peanut butter, butterscotch, or caramel
3. Top with fresh fruit such as berries or apples
4. Top with oats or granola
5. Freeze in paper cups with a popsicle stick

Supplies

- Measuring spoons
- Measuring cups
- Blender or Food Processor
- Mixing spoon



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Nutrition Facts Per Serving: 135 Calories, 7 g Fat, 15 g Carbohydrate, 6 g Protein, 10 mg Sodium