**Banana Chocolate Pudding**

**Ingredients**

* 1 16-oz package silken tofu
* 1 ¼ teaspoon unsweetened cocoa powder
* 1/2 cup chocolate chips
* 1 frozen banana
* 1 ¼ teaspoon pure vanilla extract
* 1 ¼ tablespoon low-fat milk

**Directions**

1. Open the package of tofu, drain excess liquid, and place into the 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 fresh fruit, nuts, or oats.

**Serves:** 6 ● **Serving Size:** ½ cup ● **Total Time:** 10 minutes

**Chef Tips**

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

Supplies

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

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