

## COOL 'n' CREAMY CHOCOLATE PUDDING

- 1 pkg (12.3 oz) light silken tofu
- 1 pkg (1.4 oz) instant sugar-free chocolate pudding mix
- 2/3 cup dry milk powder
- 1 cup prepared coffee, cold
- 1 tsp coconut or almond extract
- 1 cup frozen fat-free whipped topping, thawed
- 1 Tbs finely chopped pecans (optional)



1. Place tofu in a blender and process until smooth. Add pudding mix, milk powder, coffee, and coconut/almond extract. Blend until smooth, scraping down sides of container as necessary. Transfer to a bowl; fold in  $\frac{3}{4}$  cup whipped topping.
2. Divide among 6 dishes. Chill 30 minutes. Garnish with pecans, if desired, and remaining whipped topping.

Makes 6 --  $\frac{1}{2}$  cup servings

Calories: 100

Fat: 1.6 grams