CHOCOLATE & CHIA TOFU PUDDING

Serves 2   Prep: 5 min   Cook: 5 min

INGREDIENTS

1	Banana, medium
300g	Tofu, silken
2 tbsps	Maple syrup
1 tbsp	Cacao powder
½ tbsp	Peanut butter
¾ tsp	Vanilla essence
1 tbsp	Lemon juice made from ¼ lemon, medium
25g	Chia seeds

METHODS

1. To prepare the chocolate mousse, add ½ of the banana, tofu, maple syrup & vanilla essence with cocoa powder & peanut butter into a blender and blend until smooth. Set aside.

2. To prepare the chia tofu pudding, blend the remaining tofu, maple syrup & vanilla essence with the lemon juice until smooth. Mix in chia seeds and set aside.

3. Slice remaining ½ banana into ¼" and set aside.

4. Assemble the pudding by layering the bottom of a glass with ½ of the chocolate mousse and top with ¼ of the sliced banana.

5. Layer the chia tofu pudding on top of the chocolate mousse and top with ¼ of the sliced banana.

6. Repeat with the remaining chocolate mousse, chia tofu pudding and sliced banana.

7. Set in the fridge to chill and firm up before consuming.

MEATLESS MONDAY

Nutrition Information (per serving)

Energy 238.8 kcal, Carbohydrate 20g, Protein 12.3g, Fats 10.2g, Saturated Fats 1.6g, Polyunsaturated Fats 5.3g, Monounsaturated Fats 2.5g, Cholesterol 0mg, Dietary Fibre 10.5g, Sodium 31.5mg, Potassium 768.9g, Phosphate 312.5mg