



Nadine's Killer Pudding

Ingredients:

Lite Silken Tofu
Sugar Free/Fat Free Pudding
Soy milk or Almond milk
Extracts per your taste

Directions:

- Mix the SF FF pudding according to the PIE directions. I typically use water, however if you can fit in the Soy or Almond milk with your food counts, it makes a thicker desert.
- Add in your favorite extracts. Examples.. Mint extract is fun with Chocolate, or Chocolate Orange, or Almond extract with Pistachio pudding... Be CREATIVE with this basic recipe. Once you are turned on to this, it will become a favorite in your household.
- Blend in the Lite Silken Tofu. Mix Well.
- Separate into smaller plastic containers.. or keep in a larger container.
- Let sit in the fridge for about 4 hours... then enjoy.

During the summer months, I put these in small containers then pop in the freezer for about 20-30 mins. They come out with icicles and are a great frozen treat.

My favorite variations of this are:

Chocolate Coconut

Chocolate Orange

Chocolate Cherry

Chocolate with Mint

Pistachio I keep just as is...

I didn't like this with any of the other pudding flavors. However, now is the time for YOU to play and be Creative. Have Fun

~Nadine