



Recipes

Desserts

Creamy Fruit Pudding

Prep Time: 5 minutes

Cooking Time: None

Yield: 4 servings

Ingredients:

- 1 8-ounce package of soft tofu, drained
- 3 cups fresh or frozen and thawed mixed berries, divided
- 4 tablespoons orange juice concentrate
- 4 teaspoons honey
- Mint leaves for garnish

Directions:

1. Drain the tofu by pressing it between paper towels.
2. Mix the tofu, half of the berries, orange juice concentrate and honey in a blender.
3. Divide the remaining berries amongst 4 dessert bowls and drizzle tofu mixture over fruit.
4. Decorate with mint leaves.