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Chocolate Pudding

Recipe makes:

1 portion

Preparation time:

5 minutes

Chilling time:

20 minutes

Nutritional Information	Per portion
Energy	94 kcal
Protein	7.6g
Carbohydrates of which sugars	3.4g 1.2g
Total Fat	5.1g

Equipment:

For this recipe, you will need a stick blender

Ingredients:

75g silken tofu
3g sweetener, granulated
e.g. Sukrin Gold*
1g vanilla essence
70g unsweetened soya drink

4g cocoa powder
1g cinnamon
1g xanthan gum
2g vegan dark chocolate,
grated e.g. Lindt
Mint leaf to decorate
(optional)

Method:

1. Blend the silken tofu, sweetener, vanilla essence and unsweetened soya drink with a stick blender until smooth.
2. Whisk in the cocoa powder, cinnamon and xanthan gum.
3. Place in a bowl and sprinkle over the grated dark chocolate and a mint leaf for decoration.
4. Refrigerate for 30 minutes and enjoy.

Dietitian's comments:

Always check with your dietitian that this recipe is suitable for you.

This recipe has been specifically designed for the dietary management of Hepatic Glycogen Storage Diseases and has been analysed using Nutrimer analysis. Refer to labels for allergen and other product information.

*Alternative products may be available - please speak to your dietitian.



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