



Chocolate Tofu Pie



Ingredients



Pie crust

- 1 1/2 cups graham cracker crumbs
- 6 Tbsp. butter

Pie filling

- 1 12 oz. package silken tofu
- 1/2 cup coconut cream (from 1 can coconut milk)
- 1 3/4 cup semi-sweet chocolate chips

Yield: 10 slices
Serving Size: 1 slice



Directions



For the pie crust:

1. Preheat oven to 350 F.
2. To make graham cracker crumbs, put 1 package of graham crackers into a zip lock bag. Pound then roll graham crackers into crumbs with a rolling pin or can.
3. Melt butter over low heat in a pan on the stove. Mix butter and graham cracker crumbs together in pan and press into an even layer in a pie dish.
4. Bake for 10 minutes. Let cool.

For the pie filling:

1. Scrape 1/2 cup of the cream from the coconut milk into a blender or food processor. Add the tofu and blend together. Set aside.
2. In a double-boiler, melt the chocolate chips (see cooking tips on back for notes on double-boiler).
3. Pour the melted chocolate into the tofu and coconut mixture. Blend until silky and smooth.
4. Pour the mixture into the cooler crust. Freeze or refrigerate until firm.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips



- To make the recipe dairy-free, use coconut oil or a vegan butter substitute and dairy-free chocolate chips.
- To make the cream separate from the rest of the coconut milk, put your can of coconut milk in the freezer or fridge a few hours before making your pie.
- Double-boiler method: Pour 1-3 inches of water into a sauce pan. Bring the water to a simmer. Put your chocolate chips into a smaller pan or heat-proof mixing bowl. Place on top of large sauce pan to heat your chocolate chips. Stir them while they are heating to ensure they do not burn.

Second Harvest is an equal opportunity provider.

Nutrition Facts



Nutrition Facts	
10 servings per container	
Serving size	1 slice
Amount Per Serving	
Calories	280
<small>% Daily Value*</small>	
Total Fat 19g	24%
Saturated Fat 10g	50%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 6g	
Cholesterol 20mg	7%
Sodium 70mg	3%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	7%
Total Sugars 21g	
Includes 19g Added Sugars	38%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 1.8mg	10%
Potassium 188mg	4%

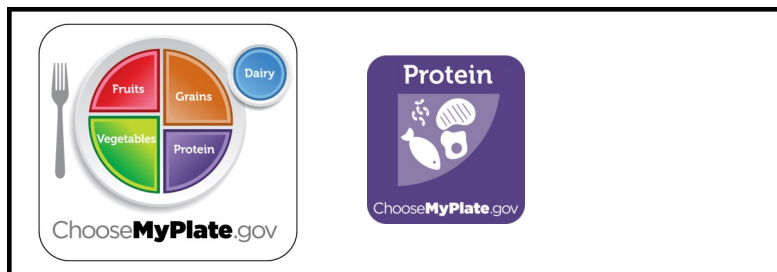
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Total Sugars 21g	
Includes 19g Added Sugars	38%
Protein 5g	10%
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