



Carob Pudding



Makes 4 servings. Different brands of carob powder will have a slightly different color and flavor. *Chatfield's* is a recommended brand.

This pudding is so easy to make and if you are in a hurry, you don't even have to chill it first before eating. A pudding like this is much better than a frozen non-dairy dessert or a packaged pudding.

Ingredients

2-3 Tablespoons carob powder
3-4 pitted Deglet Noor dates, slightly softened in water
Or
3 Tablespoons agave nectar sweetener
1-12 ounce box Mori-Nu Silken firm tofu

Directions

1. Put all ingredients into a blender or food processor and blend until smooth.
2. Pour into dessert dishes or a pretty glass bowl and refrigerate.
3. Serve chilled.
4. Mori-Nu Silken firm or ex-firm tofu works best for this recipe.

Recipe adapted from *Tasty Vegan Delights* by Gloria Lawson and Debbie Puffer

Per serving recipe with dates: 135 calories, 10g protein, 20g carbohydrates, 3g fiber, 12g sugars, 4g fat, 0 cholesterol, 65mg sodium.

Agave nectar is from the agave plant. Agave nectar is a new sweetener available at most supermarkets (check the honey section) and natural food stores. This pure, unrefined sweetener is great tasting and economical. It has approximately 1.4 x the sweetening power of white sugar.

Agave Nectar Usage Tips:

- Add a dash of lemon + oil for salad dressing
- Sweeten lemonade, tea or other beverages
- Baking
- Cereal
- Suitable for any sweetening use
- Use in any recipe
- To substitute use $\frac{3}{4}$ cup agave nectar per 1 cup other sweetener.