

Banana Pudding

10 oz. soft tofu
6 oz. firm tofu
2 small very ripe bananas
½ cup granulated sugar
¼ cup soy milk (calcium fortified)
2 tsp. vanilla

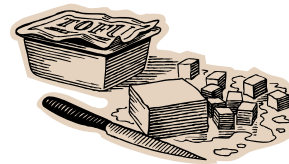


*In a blender or food processor, blend all ingredients until creamy and smooth. Pour into small dessert cups and refrigerate for 2 hours. Serve cold. Source: **Calciyum** Serves 4 – Makes 3 cups*

Nutritional facts: Calcium 226, Calories 260, Fat 6 grams, Fiber 1 gram and Sodium 20 mg.

Dreamy Chocolate Mousse

8 oz. soft tofu
4 oz. regular tofu or firm tofu
3 Tbsp. granulated sugar
½ tsp. vanilla
1 cup chocolate chips



*In a blender or food processor, blend tofu, sugar and vanilla until smooth. Set aside. In a small saucepan over low heat, slowly melt chocolate chips. Transfer immediately to mixture in blender. Blend until creamy and smooth. Pour mousse into small dessert cups or bowls. Refrigerate 1 to 2 hours or until mousse sets. Serve cold. Source: **Calciyum** Serves 4 – Makes 2 cups*

Nutritional facts: Calcium 136, Calories 312, Fat 18 grams, Fiber 3 grams and Sodium 17 mg.