Chocolate Tofu Ice Cream

For more enjoyable soy recipes call 800-852-BEAN

INGREDIENTS...

1 pkg (16 oz.) silken soft tofu
1 cup soymilk (plain, or vanilla
1/2 cup vegetable oil
1 cup sugar
1/4 cup cocoa
1 Tbs vanilla
1/8 tsp salt

Blend all the ingredients with an electric mixer until smooth and creamy. Use a home ice cream maker to freeze the blended ingredients, following instructions for ice cream.

Yield: 8 cups

Per cup:
- Calories: .................307
- Total fat: ................18.7 g
- Saturated fat: ..........2.5 g
- Cholesterol: .............0 mg
- Sodium: .................44 mg
- Carbohydrate: ...........29.5 g
- Protein: ..................8.8 g
- Soy Protein: ..............8.2 g
- Dietary Fiber: ..........1.8 g

Tofu Tips...

Tofu, also known as soybean curd, is a soft, cheese-like food. Tofu is rich in both high-quality protein and B vitamins and is low in sodium.

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