

# Banana Honey Pudding



**8 servings**

## Ingredients

- 1.5 lbs tofu
- ½ cup honey
- ¼ cup oil
- 1 tbsp vanilla
- ¼ tsp salt
- 3 medium bananas, ripe

## Preparation

1. Blend above ingredients in a food processor until smooth and creamy.
2. Pour into individual serving dishes. Chill until set and serve.

Note: Applesauce may be substituted for oil, though consistency will be a little different.

## Nutrition

**Per 1/2 cup serving:** 228 calories; 7 g protein 11 g fat; 29 g carbohydrates.