Pumpkin Pie Tofu Pudding

**[](file:///C:\Users\v-anbrob\AppData\Local\Temp\WindowsLiveWriter1286139640\supfiles1197EC4D\image%5b5%5d.png)From:** [Test Kitchen Tuesday](http://testkitchentuesday.com/)

**Servings:** 4 (about 1/2 cup)

**Time Required:** 5 minutes prep, not counting passive time to drain and press tofu

**Ingredients:**

* 1 block of tofu – I used firm, but any will work
* 1/2 cup pumpkin puree
* 1/4 cup skim milk
* 3 tablespoons honey (or other liquid sweetener)
* 1/2 teaspoon ground cinnamon
* 1/4 teaspoon ground ginger
* 1/4 teaspoon ground nutmeg

Note: if you have pumpkin pie spice on hand, you could use 1 teaspoon of that instead of the cinnamon, ginger and nutmeg.

**Method:**

* Press tofu between a clean dishtowel for about 30 minutes, or as long as you wish (I put it in a colander and then stack a jar of something heavy like pasta sauce on it)
* Break the tofu into 4-5 cubes
* Add all ingredients to a [professional blender](https://testkitchentuesday.wordpress.com/2010/11/26/product-review-ninja-professional-blender/) or food processor, pulsing to combine
* Once combined, blend on low for 1-2 minutes, until mixture is smooth and creamy, scraping down sides of blender/food processor if needed
* Store in an airtight container in the refrigerator for up to five days

**Nutrition:**

|  |  |  |
| --- | --- | --- |
| |  |  | | --- | --- | | [image](file:///C:\Users\v-anbrob\AppData\Local\Temp\WindowsLiveWriter1286139640\supfiles1197EC4D\image%5b28%5d.png) | [image](file:///C:\Users\v-anbrob\AppData\Local\Temp\WindowsLiveWriter1286139640\supfiles1197EC4D\image%5b29%5d.png) | |