

APRIL IS NATIONAL SOYFOODS MONTH

Chocolate Tofu Ice Cream

Recipes provided by...

Soybeans
Nebraska Soybean Board



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

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

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

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.