

# Protein Packed Pudding

1 package soft tofu  
1 box instant pudding mix (any flavor)  
½ cup milk or dairy-free alternate

Drain tofu and place in bowl. Stir to smooth consistency as you slowly add milk. Stir in one box of pudding mix until blended completely. You may need to add additional milk for a smooth, creamy texture.

Divide into serving dishes and serve, or chill for a few hours or overnight for a firmer texture.

Garnish with whip cream, shaved chocolate, chopped nuts, cookies, or graham crackers, if desired.

Plain vanilla flavor may be best choice for chemo patients, but chocolate, lemon and other flavors may stimulate appetites for others.