



Serves: 4

Mango Tofu Pudding

Ingredients

- Soft tofu (instead of cream), mashed 220g*
- Mango flesh (instead of commercial puree) 300g
- Low-fat milk 30ml*

Condiment

- Honey 1 tbsp

*Choose products with the Healthier Choice Symbol.

Method

- Mash the tofu.
- Combine the mango and milk in a blender, and puree.
- Pour in the tofu, and blend till smooth.
- Add honey & blend for 1 minute more.
- Serve immediately or chilled.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 99kcal
Carbohydrate 15.8g
Protein 5.3g
Fat 1.3g
Saturated Fat 0.2g
Dietary Fibre 2.0g
Cholesterol 0.3mg
Sodium 18mg