

Chocolate Tartlets

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Yield: 24

Ingredients	Quantity	Measure
Tofu, firm, drained	14	ounces
Sugar, granulated	8	ounces
Cocoa	4	tablespoons
Vanilla	1	teaspoon
Vinegar	1	teaspoon
Phyllo dough	1	package
Non-dairy margarine	4	ounces
Non-dairy whipped topping	16	ounces

Preparation

1. Blend tofu, sugar, cocoa, vanilla and vinegar in a blender until creamy.
2. Melt margarine.
3. Lay out one piece of phyllo, lightly brush with melted margarine, lay another piece on top and lightly brush with margarine, repeat until you have three pieces on top of each other. Cut into squares large enough to fill mini muffin pans.
4. Place prepared phyllo in the mini muffin pans to resemble a bowl, fill with tofu filling and bake at 350 degrees for 10-12 minutes or until dough is golden brown and filling is set.
5. Allow to cool.
6. Pipe whipped topping on the top.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 132.5 Total Fat: 5g Saturated Fat: 1g Carbohydrate: 20g Protein: 3.5g Sodium: 103mg
Vitamin A: 0µg Vitamin C: 0mg Calcium: 34mg Iron: 0g Folic Acid: 3µg

