

Chocolate tartlets

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

YIELD: 24

Ingredients	Qty	Measure/Weight
Tofu (firm)	14	Oz.
Sugar	8	Oz.
Cocoa	4	Tbsp.
Vanilla	1	Tsp.
Vinegar	1	Tsp.
Phyllo Dough	1	Pkg.
Vegan margarine, like Earth Balance	4	Oz.
Rich's Non Dairy Whipped Topping	16	Oz.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Blend tofu, sugar, cocoa, vanilla and vinegar 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 nondairy whipped topping on the top.

Serving Information

1 Tart

Nutrition Information *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