



Silky Peanut Butter Pie

16 ounces soft (silken) tofu
1 c. creamy peanut butter
 $\frac{3}{4}$ c. sugar
2 Tbsp. soy milk
2 tsp. vanilla
1 premade pie crust

Combine the tofu, peanut butter, sugar, soy milk and vanilla in a food processor or blender and blend until smooth. Spoon into the pie shell. Refrigerate at least two hours and serve.

Makes eight servings. Each serving has 420 calories, 21 grams (g) fat, 11 g protein, 42 g carbohydrate, 3 g fiber and 210 milligrams sodium.