

FROZEN PEANUT BUTTER PIE

Have ready:

One 9" baked pie shell or graham cracker crust

Blend in blender until smooth and creamy

1 lb tofu (silken works best)

¼ cup oil

¾ cup peanut butter

1 tsp vanilla

½ cup honey

⅛ tsp salt

Pour into the prepared pie crust. Decorate with semi-sweet chocolate shavings, curls, or mini-chips. Freeze for about 24 hours.

Easiest if thaw slightly, cut into desired wedges, and re-freeze.

Nutrition Facts Servings: 12; Amount per serving: Calories 205; Total Fat 14.2g; Saturated Fat 2.6g; Cholesterol 0mg; Sodium 102mg; Total Carbohydrate 15.5g; Dietary Fiber 1.3g; Total Sugars 13.4g; Protein 7.2g; Vitamin D 0mcg; Calcium 77mg; Iron 2mg; Potassium 168mg.

From: TOFU Cookery by Louise Hagler