

# Food Therapy

NEWSTALK

**610**  
C K T B

Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

## Vegan Chocolate Pots

- 2 dairy-free dark chocolate bars, at least 75% cocoa solids, low sugar content
- 2 pkgs (340 g/ea) silken tofu
- 1/2 cup maple syrup
- Zest of 1 lemon
- 1 tablespoon pure vanilla bean paste
- 1 tablespoon icewine
- 1 large pinch chile
- 1 large pinch sea salt
- Garnish: shaved chocolate, crushed pistachios, biscuit crumbs

Melt the chocolate in a bowl over boiling water, stirring occasionally.

Meanwhile, put both pkgs of tofu in a clean tea towel and squeeze out the excess liquid.

Add the tofu to a food processor with the remaining ingredients. Process for 1 to 2 minutes, or until smooth scraping down the sides of the bowl when necessary.

Add the melted chocolate and pulse until silky and combined.

Spoon the chocolately mixture between small bowls and refrigerate for 15 minutes, then serve.



Recipe adapted from Jamie Oliver, [www.JamieOliver.com](http://www.JamieOliver.com).  
Photo courtesy of Vitacost.com

Episode: Chocolate; it's good for you

Email Lynn with questions or comments at  
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**What You Eat Matters!**