

## Chocolate Tofu Pop Up

### Ingredients:

1 cup chocolate chips  
1 lb tofu, firm and water packed  
1/2 cup cocoa  
3/4 cup honey  
3 tablespoons Grand mariner  
1 teaspoon vanilla  
1/2 cup soy milk  
1/2 cup unbleached white flour  
1 teaspoon baking powder

### Preparation:

Place the chocolate chips in a microwave safe bowl.

Microwave 1 minute at a time until completely melted and smooth being sure to stir after each minute.

Place the tofu, cocoa powder, honey, Grand mariner, vanilla, soy milk, flour and baking powder in a blender.

Blend until creamy.

Add the melted chocolate chips and puree.

Spray a soufflé pan with a non stick cooking spray.

Pour the batter into the soufflé pan.

Preheat oven to 350 degrees.

Bake 40 minutes or until completely puffed up.

Cool 5 minutes before removing from pan.