



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Vegan Chocolate Silk Pie

Adapted from [Minimalist Baker](#)

- 1 heaping cup of pitted dates (packed)
- 1½ cups walnuts
- ⅓ cup unsweetened cocoa powder
- 1¾ cups semi-sweet chocolate chips
- 12 ounces silken tofu, drained and patted dry
- ½ cup canned coconut milk

Instructions:

To make the crust:

Soak the dates in warm water for 10 minutes; drain the water and set the dates aside. In a food processor, combine the walnuts and cocoa powder until finely ground; remove the mixture and set aside.

Add the dates into the food processor and pulse until only small bits remain (it will be sticky). Add in the walnut meal and process until well combined.

Oil a glass pie pan. Place the walnut date mixture into the pan. With a piece of plastic wrap, press the mixture into an even layer (it will go about halfway up the sides of the pan). Place in the freezer to set.

To make the filling:

Place a heat-proof bowl over a saucepan of simmering water (you will only need about an inch of water in the pan). Add the chocolate to the bowl and stir until the chocolate has melted. (Alternatively, melt it in the microwave in 30 second increments.)

Add the chocolate, tofu, and coconut milk to a blender; blend until smooth (about 1 minute), stopping to scrape down the sides as needed.

Pour the filling over the crust and smooth with a spatula. Cover and freeze until set. (It will also set in the fridge, but will take a few hours.)

Keep in the fridge for up to several days or a few weeks in the freezer.

Note:

-If you strictly follow a vegan diet check that your chocolate is dairy-free.

Yield: 12 servings

NUTRITION INFORMATION PER SERVING:

CALORIES: 350 calories

PROTEIN: 7 g

SODIUM: 5 mg

CARBOHYDRATE: 38 g

FIBER: 6 g

FAT: 23 g

SAT FAT: 10 g