

Chocolate Pie

1 package (12 oz.) semi-sweet chocolate chips

4 Tbs light corn syrup

1 package (12.oz.) firm silken tofu

19 - inch chocolate cookie pie crust

In a 1-quart microwave-safe bowl, cook chocolate chips in microwave at 1 - minute intervals until melted. Stir frequently to prevent burning. Stir in the corn syrup. Blend the tofu in a food processor or blender until smooth. Add the melted chocolate mixture to tofu and blend until creamy. Pour chocolate filling into pie crust. Chill at least 6 hours before serving.

Yield: 10 slices. Per slice: 342 calories. 19 g fat (7.5 g sat fat), 0 mg cholesterol, 66 mg sodium, 41 g carbohydrate, 6.3 g protein (2.5 soy protein), 1.2 g dietary fiber.