

Chocolate Banana Cream Pie

Food for Thought: Tofu is high in protein that takes on the flavor of whatever it is cooked with. Silken is great in blended dishes like smoothies. Firm is great in stir fries or where you want the tofu to stand out. Find in the produce or refrigerator section at grocery store.



Crust:

8 whole grain honey graham crackers (16 squares)
2 Tablespoons butter, unsalted
2 Tablespoons water

Filling:

½ cup chocolate chips (whichever you like: dark, semi sweet, mix)
1 ½ Tablespoons water
1 pound silken tofu, drained and lightly patted dry
2 ripe bananas
1 teaspoon vanilla extract
1 Tablespoon honey

Directions:

In a food processor (or blender), process graham crackers until ground. Combine butter and water, melt in microwave, then add to graham crackers and mix until everything is well combined. Spray pie pan with cooking spray. Press mixture into pie pan in an even layer, including the sides of the pan. Bake crust at 375 for 10 minutes and then cool.

Meanwhile, mix the chocolate chips with water and melt in microwave. Allow to cool slightly then add all filling ingredients to food processor or blender and process until smooth. Pour into cooled pie crust. Refrigerate until set, 2 to 4 hours. **Serves: 8**

Fun Option: Use the filling to make chocolate popsicles!