

McDougall Made Irresistible Recipes

For more ideas and recipes go to the "McDougall Made Irresistible DVD" section on our web site:
www.drmcDougall.com.

Creamy Dessert Puddings

This recipe was created by one of our cooking instructors at the McDougall Program, Alex Bury. These are so easy and very delicious!

Preparation Time: 10 minutes

Chilling Time: optional

Servings: variable

2 12.3 ounce boxes silken tofu

1 cup lemon juice

$\frac{3}{4}$ cup agave nectar

$\frac{1}{4}$ cup soy milk

$\frac{1}{8}$ teaspoon turmeric

dash salt

Place all ingredients into a food processor and process until creamy and smooth.

Serve at once or cover and refrigerate until serving time.

Hints: Agave nectar is sold in most natural food stores. It is a natural mild sugar syrup made from the agave plant. This is delicious served over fresh cut fruit, such as mango, kiwi or strawberries. For a unique presentation, layer the fruit in individual glass serving dishes or tall wine glasses, then pour the lemon cream over the fruit.

To make a chocolate version:

Delete the lemon juice and the turmeric and add $\frac{1}{2}$ cup of Wondercocoa powder and 1 teaspoon vanilla. Wondercocoa powder may be found in many natural food stores or at www.healthy-eating.com.