

FEBRUARY  
TEACHING  
KITCHEN

# VIRTUAL WELLNESS SERIES

## Teaching Kitchen Sessions

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Enjoy a hands-on demonstration of the healthy recipe below and discover more!

## NO-BAKE CHOCOLATE RASPBERRY PIE

### Ingredients/Shopping List

- 1 ½ cups semisweet chocolate chips (about 10 ounces)
- 1 12.3-ounce shelf stable package firm silken tofu or 1 1/3 cups of refrigerated silken tofu\*
- 1 tablespoon maple syrup
- 1 teaspoon vanilla extract
- 1 cup raspberries, fresh or frozen (thawed), plus more for garnish
- ½ cup confectioners' sugar
- 1 9-inch graham cracker pie crust

#### If making the crust from scratch:

- 1 ½ cups graham cracker crumbs (9-10 full sheet graham crackers)
- 4 tablespoons unsalted melted butter
- 2 tablespoons granulated sugar

### Instructions

1. If making the crust from scratch: mix the graham cracker crumbs, butter, and sugar together in a medium bowl until combined. The mixture will be thick, coarse and sandy. Press the mixture into the bottom of a 9- or 10-inch pie pan and slightly up the sides. Make sure it is tight and compact. Bake at 350°F for 7–8 minutes. Let cool.
2. Put chocolate chips in a medium microwavable bowl. Microwave for 1 minute. Stir, then continue microwaving, stirring every 20 seconds, until melted.
3. Place tofu in a food processor or blender and process until smooth. Add the melted chocolate, maple syrup and vanilla. Process again until smooth. Add raspberries and confectioners' sugar and process until very smooth; scraping down the sides as necessary.
4. Spread the mixture into the crust. Refrigerate until firm, at least 2 hours. Garnish with raspberries, if desired.

\*Look for shelf-stable silken tofu in the Asian foods section or near shelf-stable soymilk in natural-foods stores and some well-stocked supermarkets. If you can't find it, refrigerated silken tofu can be used instead. It's usually sold in a 16-ounce container, but you'll only need 1 1/3 cups.

\*\* Make ahead tip: loosely cover with plastic wrap and refrigerate for up to 3 days. This pie also freezes very well and can be thawed in the refrigerator.

