

KILLER CHOCOLATE DEATH PIE

(that's actually good for you) (c) 2001, Edward Heller - <http://www.edheller.com>
based on an Original Recipe, "Moo-less Chocolate Pie" by Alton Brown,
host of "Good Eats" on the Food Network - www.foodtv.com

HARDWARE:

Metal bowl, and pot of water for a double boiler thingy,
or
microwaveable bowl (for melting chocolate)
Spoon (any spoon will do)
Really good blender (don't use a crappy blender, you could burn it out)
Pie tin (with pie crust in it)

SOFTWARE:

2 cups (16 oz) chocolate (chips or pieces, just make sure they melt),
(I use 4oz semi-sweet and 12oz bittersweet chocolate)
1/3 cup coffee liqueur (kahlua)
1 block silken tofu (about 12 oz)
1 teaspoon vanilla extract
1 tablespoon honey
1 prepared chocolate wafer crust
(I recommend using a graham cracker crust instead)
home-made is best, but store-bought is fine

(there's lots of recipes for pie crusts at FoodTV.com)

HOW TO MAKE A CHOCOLATE DEATH PIE:

Place a small metal bowl over a saucepan with simmering water.

Melt the chocolate and coffee liqueur in the bowl.
You can also melt the chocolate in the microwave on low power.

Make sure you melt this REALLY GOOD.

Stir in vanilla.

Combine the tofu, chocolate mixture, and honey in the blender jar.
Liquefy until smooth. (this may be really thick)

ED'S ADDITIONAL INGREDIENTS: (this makes your healthy pie even healthier)

ALSO ADD TO THE BLENDER:

1/4 to 1/2 cup "Silk" brand plain soy milk (the red carton)
Not all brands of soy milk are the same (get the stuff with less carbs in it)
You can also use water (enough to thin the mix) instead.

Protein Powder, about 80-100 grams (11 to 14 blocks) enough to make it "zone friendly"
(for more info on "The 40-30-30 Zone" read "Enter The Zone" by Dr. Barry Sears
or go online to <http://www.drsears.com>)

Pour the filling into the crust and refrigerate for 2 hours or until the filling is set.

Yield: 8 - 12 servings

Prep Time: about 2 1/2 hours