

Tofu Cream

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A quick, creamy dessert that combines tofu, honey and vanilla extract, this is a delicious and unusual use of tofu. Serve this as a side dish to another dessert, or spoon it into glasses and serve it as a dessert in its own right.

Ingredients:

400g firm tofu
2 tbsp. ground nut oil
2 tbsp. runny honey
1 tbsp. vanilla extract
Pinch of salt

Directions:

1. Dice the tofu. Place into a food processor with the oil, honey, vanilla extract and salt. Blend until smooth, then put in the fridge until you're ready to use.

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