



Recipes

Desserts

Tofu Whipped Cream

Prep Time: 5 minutes

Cooking Time: 5-15 minutes

Yield: Serving Vary

Ingredients:

- 1 package silken tofu
- 3 tablespoons maple syrup
- 1-2 teaspoons vanilla extract
- 1-2 tablespoons almond or cashew butter

Directions:

1. Blend all ingredients into a blender or food processor until smooth.
2. Place in fridge to chill.