

TOFOGURT by Stephanie Bennett makes about three, one-cup servings *a delicious vegan substitute for yogurt!*

INGREDIENTS

- Two, 12-ounce boxes silken tofu (Morinu brand which comes in aseptic containers that don't have to be refrigerated till opened.)
- 1/2 teaspoon vanilla extract
- 2 tablespoons lemon juice *or* apple cider vinegar.

Blend all ingredients together in food processor till smooth. (or if you don't have a food processor, mash together and stir/whisk thoroughly till smooth)

Optional variation: add 1 teaspoon cinnamon.

Serve with fresh fruit, or stir in some jam, or however you would use yogurt.

