

VEGAN TOFU SOUR CREAM

INGREDIENTS

- 16 oz Tofu (silken)
- 1 T Extra virgin olive oil
- 4- 5 t Lemon juice
- 2 t Apple cider vinegar
- 1 t Sugar substitute
- 1/2 - 1 t Salt (to your taste)



DIRECTIONS

- 1 Place all ingredients in a blender
- 2 Process five minutes, until very creamy and smooth
- 3 Refrigerate for at least an hour to thicken
- 4 Use within 5 - 6 days.



NOTES

Additions to spice up the taste

- 1 - 2 t Gluten-free soy sauce
- 1 - 2 t Yeast flakes
- 1 -2 t Dill



RICE MILK & TOFU SOUR CREAM

INGREDIENTS

- 1 C Tofu (firm) **OR** Tofu (extra firm) (crumbled)
- 2 - 3 T Rice milk **OR** Silk creamer
- 2 t Lemon juice (to taste)
- 1/4 t Salt (to taste)

DIRECTIONS

- 1 Combine all ingredients in food processor or blender.
- 2 Process until smoothly pureed and transfer to a container with an airtight lid.

