

Tofu “Yogurt”

*A favorite from the kitchen of
Delisa Renideo*

This simple recipe is delicious and tastes very similar to the homemade dairy yogurt I used to make years ago. Mix it with fresh fruit and you have a wonderful treat!

- 1 12.3 oz. box silken tofu, firm or extra firm (must be silken!)
- 2 Tbsp. lemon juice, to taste
- 2 Tbsp. sugar *or*
- 1 Tbsp. agave nectar, to taste
- Fruit, as desired (or berry sauce, see below)



Blend the tofu, lemon juice, and sugar in a blender. Stir in chopped fruit and/or berry sauce as desired.

You may want to make a berry sauce to stir in. Simply heat 2 cups berries over medium heat until they come to a boil. You can mash them with a fork if desired. Add sugar to taste, perhaps 2 Tbsp. If you want it thicker, add 1 Tbsp. water mixed with 1 tsp. cornstarch to berries and bring to a boil. Then let cool and you have a delicious sauce you can add to your yogurt.

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