

Tofu Drink Mix Recipes

Tofu Fruit Shake

2 cups White Tofu Drink Mix (per mixing directions)

2 ripe Bananas

1 cup frozen strawberries

½ teaspoon vanilla extract

3 tablespoons pineapple juice concentrate (optional)

Place all ingredients in blender and blend for 30 seconds.

Yield 3 ½ - 4 cups

Orange Jubilee

2 tablespoons honey

8 ounces frozen orange juice concentrate

1 cup White Tofu Drink Mix (mixed per mixing directions)

1 cup water

1 teaspoon vanilla

12 ice cubes

Orange peel spirals to garnish (optional)

Place all ingredients in blender and blend at high speed about 30 seconds
or

until ice cubes are crushed. Pour into serving glasses and garnish with
orange peel spirals.

Serves 4

Banana, Orange, Pineapple Frositie

10 ice cubes

1 cup water

2 rounded scoops Low Fat Tofu powder mix

2 ripe bananas

1 large orange (peeled)

1 8 oz can chunk pineapple (including juice)

Add ice cubes and water to blender; pulse until chopped well. Add tofu,
bananas, orange and pineapple. Blend until smooth. Add sweetener to
taste

if necessary.

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Low Fat Carob Fudge

4 cups carob chips

$\frac{3}{4}$ cup smooth peanut butter

2 cups chopped walnuts

$\frac{1}{4}$ cup Low Fat Tofu Powder Mix

Melt peanut butter in double boiler; slowly add carob chips until creamy. Sprinkle in Low Fat Tofu powder while stirring. Add nuts; pour onto a cookie sheet. Spread $\frac{1}{2}$ inch thick. Refrigerate 1 hour. Cut into squares while partially soft. Serve 12 – 14.

Country Gravy

$\frac{1}{4}$ cup margarine

3 $\frac{1}{2}$ tablespoons flour

2 $\frac{1}{2}$ cups Low Fat Tofu Drink Mix (mixed per directions)

$\frac{1}{4}$ cup Baco chips

$\frac{1}{4}$ teaspoon garlic powder

$\frac{1}{2}$ teaspoon salt

Melt margarine on medium heat in a large skillet. Add 1 Tablespoon flour at a

time, whisking after each addition until smooth. Add Low Fat Tofu milk slowly; add Baco chips and seasoning. Simmer until Baco chips are softened. DO NOT BOIL! Serve immediately.

Serves 4-6

HINT: For mashed potatoes, replace cream by using double strength Low Fat Tofu

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