

Tofu Yogurt (Plain or Flavored)

Serving: 4

This delicious yogurt can be modified to fit any flavor preference. Start with the base (plain), and if you desire, add your fruit of choice to make your own homemade version of a favorite breakfast, lunch, or snack without the gums and other ingredients in store-bought yogurts.

Ingredients

16 ounces **silken tofu**

2 tbsp **vanilla extract**

6 T **date syrup** (or *1/2 cup date paste, 1/2 cup maple syrup, or 4T bee-free honey*)

$\frac{1}{2}$ -1 cup **frozen fruit**

Directions

Combine first 3 ingredients in a blender until smooth and creamy. **For the sweetener, you can use maple syrup, agave, date paste, date syrup, bee-free honey, or another liquid sweetener. The thickness may vary based upon your sweetener of choice so keep this in mind and adjust the quantities if necessary.

Add in frozen fruit such as strawberries, mangoes, blueberries or cherries, for fruit-flavored yogurt. (The fruit can add sweetness and thickness, so you can decrease your liquid sweetener if using more frozen fruit.)

Serve with granola and fresh fruit.

