



## Non-Dairy Ice Cream

You'll never know this creamy dessert is made with isoflavone-rich soft tofu. If adding a fruit puree, be sure the ingredient is thick or the ice cream will not properly set up. An inexpensive Ice Cream Maker is a great investment for managing the quality of the ingredients in your frozen treats.

### INGREDIENTS:

16 oz. soft tofu, fat reduced  
1 cup white sugar (may try substituting honey or agave syrup)  
½ cup plain low fat soy milk  
2 Tbsp fresh lemon juice  
1 Tbsp vanilla extract  
Pinch of salt  
½ cup fruit concentrate (mango, banana, strawberry, or melted chocolate)

### PREPARATION:

- Combine all ingredients in a food processor and blend until very smooth
- Chill mix
- Transfer to an ice cream machine and follow manufacturer's directions.
- Serve immediately or freeze covered for up to one week

**Yield:** 8 servings  
**Serving Size:** ¼ cup  
**Calories:** 60 (more if using chocolate)  
**Fat Grams:** 1 (more if using chocolate)

