



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)

