

Smooth Tofu-Based Vegan “Goat” Cheese

Tofu - Based

INGREDIENTS

- 16 oz** Tofu (firm) (drained) (pressed for 15 minutes)
- 2 T** Oil (extra virgin)
- 1 1/2 T** Miso (yellow)
- 1/4 C** Nutritional yeast
- 1 1/2** Lemons (only using 1/4 C juice)
- 1/4 C** Onion (yellow) (chopped)
- 2 cloves** Garlic (minced)
- 1/2 t** Oregano (dried)



DIRECTIONS

- 1 Crumble pressed tofu into the bowl of a food processor
- 2 Add remaining ingredients for vegan goat cheese except the basil
- 3 Process until smooth.

EASY RECIPE IDEA USING TOFU VEGAN GOAT CHEESE

- 1 Slice huge tomatoes & dab some of the tofu-based goat cheese on top
- 2 Add basil, parsley, rosemary, thyme, minced garlic & salt
- 3 Add some extra virgin olive oil & balsamic vinegar & mix them all together
- 4 Spoon it on top of the goat cheese for a great appetizer or snack

