



## Dr. Laleh's Homemade Soy Yogurt

### Ingredients

### Amount

Lite Firm Tofu (Mori Nu)	3 packages
Dr. Laleh's Sweet Spice Blend*	1 TBS
Tapioca Starch (Optional)	1 TBS
Vanilla	1 tsp
Stevia (Optional)**	1 tsp

\*May use sugar-free apple pie spice blend

\*\* Alternatives: Monk fruit sugar, OR **1 tsp Agave**

### Preparation:

- Open Tofu packages and drain.
- Place all 3 packages in a Quisinart food processor.
- Blend well for 1 minute, mix well with a rubber spatula, blend for 1 minute. Repeat 3-4 times or until tofu has a soft smooth (Non-grainy) texture.
- Add sweet spices, stevia tapioca starch and blend an additional 1-2 minutes mixing with spatula every 30 seconds.
- Once the yogurt is silky smooth and all spices are evenly blended soy yogurt is ready.
- Refrigerate for up to 1 week.

**Nutrition Facts**

Servings 4.0

Amount Per Serving

**calories** 123

% Daily Value \*

**Total Fat** 3 g **5 %**Saturated Fat 0 g **0 %**

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

**Cholesterol** 0 mg **0 %****Sodium** 150 mg **6 %****Potassium** 5 mg **0 %****Total Carbohydrate** 5 g **2 %****Dietary Fiber** 0 g **0 %****Sugars** 0 g**Protein** 15 g **30 %**Vitamin A **0 %**Vitamin C **0 %**Calcium **12 %**Iron **24 %**