

Vegan Yogurt

- 1 pkg. Mori-NU Silken Tofu Extra-Firm
- 1/4 cup Sweetener (Agave or Maple Syrup)
- 1-2 Tbs Lemon Juice (to taste)

- Place all ingredients into a blender and blend until smooth. Serve as-is or with fruit and granola.

Maple Granola

- 2 cups Rolled Oats
- 2 cups Quick Oats
- 1/4 cup Walnuts, chopped
- 1/4 cup Almonds, chopped
- 1/4 cup Cashews, chopped
- 2 Tbs Ground Flaxseed
- 1/4 cup Maple Syrup
- 1/4 cup Coconut Oil
- 1 1/2 tsp Vanilla or Maple Flavor
- 1/2 tsp Himalayan Salt

- Preheat oven to 300°F
- Mix together oats, nuts, and flaxseed in a bowl.
- Stir syrup, oil, maple/vanilla, and salt together in a separate bowl. Pour into dry mix & stir.
- Transfer mixture onto a lightly oiled baking sheet in an even layer.
- Bake until golden brown (about 25-30 mins)
- Cool on baking sheet then transfer to a sealed container.

Lemon Fruit Tarts

- 1 pkg. Mori-NU Silken Tofu Extra-Firm
- 1/4 cup Sweetener (Agave or Maple Syrup)
- 2 Tbs Lemon Juice (1 Lemon)
- 1/2 tsp Vanilla
- Fresh Fruit of choice to top

- Blend all ingredients until smooth.
- Pour onto graham cracker crust and place into freezer to set for about 2 hours.
- Top w/ fruit.

Graham Cracker Crust

- 1 1/2 cups Graham Crackers, crushed
- 3 Tbs Apple or Orange Juice
- 3 Tbs Vegan Butter, softened (Earth Balance)
- 1/2 tsp Vanilla
- 1 tsp Lemon Zest (opt.)

- Preheat oven to 350°F
- Mix all ingredients together using a fork.
- Press mixture into bottom of pan.
- Bake for 8-10 mins until golden brown