Creamy Orange Tofu Sauce



DIFFICULTY

EASY



TIME

5 MIN



SERVES

4

INGREDIENTS

6 ounces silken tofu, firm

1 tsp orange zest

2 Tbsp maple syrup

½ tsp vanilla extract

⅛ tsp tsp sea salt

2-4 Tbsp unsweetened non-dairy milk such as oat or almond

DIRECTIONS

1. In a blender or food processor, combine all of the ingredients except the milk and blend until smooth. Adjust the consistency with the milk, adding 1 Tbsp at a time.

NUTRITION FACTS PER SERVING

Calories: 66 **Fat:** 2g (Saturated Fat: 0.4g) **Carbohydrates:** 9g **Fiber:** 0.5g **Sugar:** 7.5g **Protein:** 3.7g

CALIFORNIA SCHOOLS VEBA

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