

Herbal Legacy Recipes

Creamy Hazelnut Topping

adapted from The New Vegan Cookbook

Yield: 4 heaping tablespoons (you can easily double or triple it)

Ingredients:

3 Tablespoons pure maple syrup
1 Tablespoon plus 1 teaspoon hazelnut oil
1 1/2 teaspoons vanilla extract
pinch of salt
4 ounces (1/2 cup) extra-firm or firm tofu

Directions:

Place the ingredients in a blender in the order given. Blend for 30 seconds. Scrape down the sides, and continue blending until very smooth and creamy, 30 to 60 seconds more.

Use immediately or refrigerate in a tightly sealed container for up to 5 days. Stir well before each use.

Other ideas: Use walnut oil instead of hazelnut oil

NOTE: For optimum taste and texture, use the fresh, refrigerated tofu sold in sealed plastic tubs and puree the topping in a blender.

Herbal Legacy Recipes

<http://www.herballegacy.com/Recipes.html>

© Copyright 2008 Herbal Legacy