

# Tofu Cream Frosting

*(Makes 1-1/3 cups, enough to frost one 9- x 9-inch cake)*

1 cup firm tofu (1/2 pound)  
2 tablespoons oil  
2 tablespoons fresh lemon juice  
3-4 tablespoons maple syrup  
1/4 teaspoon salt  
1/2 teaspoon vanilla extract



Combine all the ingredients in a blender and blend until very smooth. Scrape the sides of blender often with a rubber spatula to get the frosting completely smooth.

Recipe from *Food for Life* by Neal D. Barnard, M.D.; recipe by Jennifer Raymond.