

Spiked Sour Cream

Yield: 12 servings

Ingredients

12 ounces extra-firm silken tofu
1 tablespoon lemon juice
1 tablespoon red wine vinegar
½ teaspoon chili powder
⅛ teaspoon cayenne pepper

Instructions

1. Combine all ingredients in a blender and puree until smooth and creamy.
2. Chill until ready to serve.

Nutrition Information

Serving Size: 2 tablespoons

Calories: 16
Total Fat: 0.5 g
Saturated Fat: 0 g
Monounsaturated Fat: 0.1 g
Polyunsaturated Fat: 0.3 g
Sodium: 22 mg
Total Carbohydrate: 1 g
Dietary Fiber: 0 g
Sugars: 0.3 g
Protein: 2 g

Source: Forks Over Knives. Del Sroufe.



Presented by
Culinary Medicine