

# Tofu Mayo

## Heart Health

**Items Needed:** food processor or blender, measuring spoon

**Makes:** Approximately 2 cups

### Ingredients:

- 1 12 oz block of silken firm tofu. (I find the aseptic packaged tofu yields a creamier product.)
- 2 tbsp lemon juice
- 1 tbsp mustard (your choice, I used a brown mustard)
- 2 tsp white sugar
- Salt to taste

### Directions:

1. In the food processor or blender combine all ingredients and puree until the texture of mayo.
2. Season with salt to taste
3. Use in place of mayo in any recipe for a plant based lowfat alternative that's a little higher in protein.

### Nutrition Information (per 2 tbsp):

Calories: 16 Fat: 0.6 g Carbs: 0.8 g Protein: 1.6 g Fiber: 0.3 g Sodium: 35 mg

<https://wexnermedical.osu.edu/nutrition-services>

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