



Makes 1½ cups

Preparation Time: 5 minutes

INGREDIENTS:

1 package extra firm lite silken
tofu, drained

1 tablespoon lemon juice

1 tablespoon red wine vinegar

Tofu Sour Cream

Use this healthy dairy alternative in any dish that calls for sour cream. Serve it with baked potatoes and fresh chives, with tacos or enchiladas, or with [Mushroom Stroganoff](#).

Find this recipe and more in the [Forks Over Knives Recipe App](#).

By Del Sroufe

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