



Makes 2 cups
Preparation Time: 10 minutes
Cook Time: 2 hours

INGREDIENTS:

One 12-ounce package extra firm silken tofu, drained

½ cup cashews, soaked overnight and drained

½ cup 100% pure maple syrup

2 tablespoons fresh lemon juice

Pinch salt

1 vanilla bean

Vanilla Bean Whip

This is a light and fluffy cream with lots of vanilla flavor, and you'll want to top everything with this whip. Cobblers, cakes, your cat—everything! If you don't have a vanilla bean handy, then use 2 teaspoons of pure vanilla extract instead. But definitely seek out some vanilla beans—you don't want to miss out on their pure vanilla flavor. This whip isn't quite as firm as traditional nondairy whipped topping, but you should definitely be able to scoop it out.

From *Forks Over Knives — The Cookbook*

By Isa Chandra Moskowitz

- 1 Combine the tofu, cashews, maple syrup, lemon juice, and salt in a blender. Puree until smooth. Scrape down the sides of the blender to incorporate all the ingredients.
- 2 Slice the vanilla bean in half lengthwise with a sharp knife and scrape the seeds into the blender. Blend the mixture until very smooth.
- 3 Transfer the mixture to a bowl and cover with plastic wrap. Chill for several hours in the refrigerator, or until firm.

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