

## MAC AND "CHEESE"

YIELD: 4 cups

### INGREDIENTS

#### "CHEESE" SAUCE

1 package Mori-Nu Plus Fortified Tofu  
2 tbsp nutritional yeast  
2 tbsp olive oil  
2 tbsp potato starch  
4 tsp lemon juice  
2 tsp corn starch  
1 tsp salt, or to taste  
1 tsp paprika  
1/4 tsp turmeric powder  
Pepper to taste

#### PASTA

4 oz dry pasta  
Water and salt for cooking

#### TOPPINGS (OPTIONAL)

Toasted breadcrumbs  
Fresh parsley, chopped



### INSTRUCTIONS

1. In a blender, add all "cheese" sauce ingredients, then process until smooth and no lumps remain.
2. Pour sauce into a small saucepan and heat on medium-low, stirring constantly while scraping down sides and bottom of saucepan. Sauce should NOT boil. Reduce heat if needed.
3. After a few minutes, the sauce will thicken. Keep stirring to cook evenly. It should come together into a "ball" and no longer stick to the sides of the pan after about 5 minutes. Turn off heat.
4. Put this "ball" into a large heat-proof bowl. With a wire whisk, break up the "ball" and whisk several times. The sauce will start to stick to the sides of the bowl and form "cheesy" strands from the whisk.
5. Cook pasta according to package instructions, making sure to salt the water. Drain well; do NOT rinse.
6. Add cooked pasta to bowl of "cheese" sauce and gently mix to evenly coat the pasta.
7. Divide into bowls and serve immediately with optional toppings of toasted breadcrumbs and fresh chopped parsley.

### TIPS

- Nutritional yeast is NOT the same as brewer's yeast. This recipe only works with nutritional yeast.
- Adjust the quantity of sauce to pasta depending on your preferences. Sauce recipe can be doubled.
- PLANT-BASED: This "cheese" sauce recipe contains no dairy!
- GLUTEN-FREE: This sauce works great with gluten-free pasta as well. Mori-Nu Plus Fortified Tofu is Certified Gluten Free!

## MAPLE PECAN DONUTS

YIELD: 6 donuts

### INGREDIENTS

#### WET

3/4 cup Mori-Nu Plus Fortified Tofu (refrigerate remaining tofu)  
3 tbsp oil  
2 tbsp sugar  
1 tbsp maple syrup  
1 tbsp apple cider vinegar  
1 tsp vanilla extract

#### DRY

3/4 cup baking flour  
1/2 cup almond flour  
1 1/4 tsp baking powder  
1/2 tsp baking soda  
1/2 tsp ground cinnamon  
1/2 tsp ground nutmeg  
Pinch of salt

#### GLAZE

3/4 cup powdered sugar  
3 tbsp maple syrup  
2 tbsp pecans, finely chopped  
1/4 tsp maple extract (optional)



### INSTRUCTIONS

1. Preheat oven to 375°F and lightly grease donut pan.
2. In a blender, blend all WET ingredients together until smooth. Pour into a large bowl and set aside.
3. In a medium bowl, sift all DRY ingredients together and whisk until well-mixed.
4. Add dry ingredients to wet ingredients, then mix until just combined. Do not over-mix.
5. Using a piping bag (no tip), carefully pipe the batter into each ring of the donut pan, to about 3/4 full, making sure to avoid the center.
6. Bake 13-15 minutes until donuts are firm and spring back to the touch.
7. Meanwhile, in a small bowl, whisk together all glaze ingredients.
8. Lay parchment paper underneath a wire cooling rack.
9. Remove donuts from oven and let cool in pan for 5 minutes, then invert onto wire cooling rack.
10. Once donuts are completely cooled, evenly spoon glaze on top of all donuts, allowing some glaze to drip down sides onto parchment paper.
11. Donuts are best enjoyed immediately!

### TIPS

- Recipe can be doubled for a dozen donuts.
- In place of a piping bag, a large zip-top bag with the corner cut off can be used.
- Maple extract is optional but recommended to infuse the glaze with maple flavor.
- Store leftover donuts in an airtight container at room temperature for up to 3 days.
- PLANT-BASED: This recipe only uses plant-based sweeteners (no honey) and no eggs or dairy!
- GLUTEN-FREE: We used gluten-free 1-to-1 baking flour with excellent results! Mori-Nu Plus Fortified Tofu is Certified Gluten Free. Make sure to check the labels on the rest of the ingredients.

## CREAM OF MUSHROOM SOUP

YIELD: 4 cups

### INGREDIENTS

#### SOUP

1 package Mori-Nu Plus Fortified Tofu  
1 tbsp olive oil  
1 medium onion, chopped  
3 cloves garlic, minced  
1 lb mushrooms, sliced (save a few for optional garnish)  
4 cups vegetable broth  
2 tsp dried herbes de Provence  
1 tbsp soy sauce  
Salt to taste  
Pepper to taste  
1 tbsp cornstarch  
3 tbsp cold water

#### OPTIONAL GARNISH

A few mushrooms, sliced thickly  
Olive oil and soy sauce for sautéing  
Fresh parsley, chopped  
Cracked black pepper



### INSTRUCTIONS

1. In a large pot over medium heat, add oil and cook onions until translucent.
2. Stir in minced garlic.
3. Add mushrooms, vegetable broth, herbes de Provence, and soy sauce. Bring to a boil and then simmer until liquid reduces by half.
4. In a blender, add tofu and 1-2 cups of liquid from the soup, avoiding the mushrooms. Process until smooth and no lumps appear, then stir this mixture back into the soup.
5. Bring to a simmer again, then add salt and pepper to taste.
6. In a small bowl, mix corn starch with cold water and stir until smooth, then slowly stir this mixture into the soup. Continue to stir the soup over medium heat until it thickens and the starch is cooked.
7. Prepare optional garnish by sautéing a few sliced mushrooms in a bit of olive oil and soy sauce for a few minutes just to brown the mushrooms.
8. Serve soup with mushroom garnish, fresh parsley, and cracked black pepper.

### TIPS

- For a deeper mushroom flavor and a heartier soup, use a variety of mushrooms and increase quantity up to 2 lb.
- Herbes de Provence typically includes bay leaf, but 1-2 bay leaves can be added during the simmering process for added aroma and flavor. Just remember to remove before serving!
- PLANT-BASED: Choose a plant-based broth that has not been flavored with meat-based ingredients.
- GLUTEN-FREE: Mori-Nu Plus Fortified Tofu is Certified Gluten Free! Make sure to use gluten-free soy sauce or tamari, and check labels on other ingredients.

## MOCHA "LATTE"

YIELD: 2 cups

### INGREDIENTS

1/2 package Mori-Nu Plus Fortified Tofu  
(refrigerate remaining tofu)  
1 cup strong coffee (4 tbsp coffee grounds to  
8 oz water)  
2 tbsp unsweetened cocoa powder  
2-3 tbsp granulated sugar, or to taste

### TOPPINGS (OPTIONAL)

Whipped cream  
Cocoa powder  
Marshmallows



### INSTRUCTIONS

1. Prepare coffee.
2. In a blender, add tofu, cocoa powder, sugar, and prepared coffee, then blend until smooth.
3. Pour into 2 mugs.
4. Top with optional whipped cream and cocoa powder or marshmallows.

### TIPS

- Recipe can be halved or doubled.
- For that rich "coffee shop" taste, make sure to use good quality coffee and cocoa powder.
- For a less intense mocha, use less coffee grounds and/or less cocoa powder, or add ice for a cold version!
- For extra hot mocha or if using refrigerated or cold tofu, heat mocha in microwave-safe mugs prior to adding toppings.
- **PLANT-BASED:** Make sure to use plant-based whipped cream and plant-based marshmallows!
- **GLUTEN-FREE:** All of these ingredients can be found in a gluten-free version. Mori-Nu Plus Fortified Tofu is Certified Gluten Free!

## CREAMY BASIL PESTO

YIELD: 2 cups

### INGREDIENTS

1/2 package Mori-Nu Plus Fortified Tofu  
(refrigerate remaining tofu)  
2 tbsp pine nuts  
1 packed cup fresh basil leaves  
2 garlic cloves  
2 tbsp nutritional yeast  
1 tbsp fresh lemon juice  
Salt and pepper to taste



### INSTRUCTIONS

1. In a small pan, toast pine nuts over medium-low heat until golden brown, stirring frequently. Let cool.
2. In a blender, add the rest of the ingredients along with the cooled pine nuts, then process until smooth.
3. Serve with pasta or use as a dip for chips!

### TIPS

- For a stronger basil flavor, use up to 2 packed cups of fresh basil.
- Nutritional yeast is NOT the same as brewer's yeast. This recipe only works with nutritional yeast.
- 1/4 tsp salt is recommended for a dip, as chips are generally already salty. If using this as a sauce for pasta, add more salt as needed.
- **PLANT-BASED:** Nutritional yeast provides the "cheesy" flavor that pesto would usually have, while Mori-Nu Plus Fortified Tofu provides the rich creaminess, all without any dairy!
- **GLUTEN-FREE:** We used all gluten-free ingredients in this recipe, and it's great with gluten-free pasta! Mori-Nu Plus Fortified Tofu is Certified Gluten Free.