

Tofu Cream Cheese (Vegan)

Prep time

7 mins

Total time

7 mins

A simple tofu cream cheese at home using vegan ingredients. This vegan tofu cream cheese can be whipped up within 7 minutes using simple ingredients.

Author: The Edgy Veg
 Recipe type: Cheese
 Cuisine: Breakfast
 Serves: Roughly 2 cups



Ingredients

- 1-454 g block [firm tofu](#)
- 2 tbsp [nutritional yeast](#)
- 1 tbsp [white miso paste](#)
- 5 oz melted [coconut oil](#) (refined/deodorized)
- 2 tbsp [lemon juice](#)
- 1 tbsp [apple cider vinegar](#)
- 1 tsp [salt](#)
- 1 tsp [onion powder](#)
- 1 tsp [garlic powder](#)
- ¼ tsp [dried dill](#)
- [Unsweetened soy milk](#) as needed to blend

Instructions

1. Place tofu, nutritional yeast, miso, coconut oil, lemon juice, apple cider vinegar, salt, onion powder, garlic powder, and dried dill in a blender or food processor and puree until very smooth, scraping down the sides.
2. It gets quite thick, so you will need to help it along with a damper or wooden spoon. This may take some time, let it blend.
3. Taste and salt as needed.
4. Place tofu mixture into a sealable Tupperware or bowl. Cover and place in the fridge.
5. Spread onto your favourite bagels, or crackers or use in recipes.

Nutrition Information

Serving size: ¼ cup Calories: 42.8 Fat: 1.8g Carbohydrates: 1.8g Sugar: 0.58g Sodium: 72.8mg Fiber: 0.75g Protein: 4.75g

Recipe by The Edgy Veg at <https://www.theedgyveg.com/2020/03/31/tofu-cream-cheese-vegan-recipe/>