Tofu Ricotta

This easy Tofu Ricotta recipe is perfect for lasagna, ravioli, pizza, calzones, or served as a dip. No one will even notice it is tofu!

Prep Time	Total Time
20 mins	20 mins

Course: Appetizer   Cuisine: Italian inspired
Diet: Gluten Free, Vegan, Vegetarian   Servings: 6   Calories: 78kcal
Author: Willow Moon

★★★★★
4.88 from 62 votes

Equipment

- food processor

Ingredients

- 14 oz. firm tofu drained and pressed
- 1 tablespoon lemon juice
- 1 tablespoon dried basil
- 3 tablespoons nutritional yeast
- 1 clove minced garlic
- 1 tablespoon olive oil
- salt and pepper

Instructions

1. Mix all ingredients in a food processor until smooth.

Notes

This vegan tofu ricotta recipe will last 5 days in an airtight container in the fridge.

Nutrition

Calories: 78kcal | Carbohydrates: 3g | Protein: 6g | Fat: 4g | Saturated Fat: 0g | Cholesterol: 0mg | Sodium: 24mg | Potassium: 220mg | Fiber: 1g | Sugar: 0g | Vitamin C: 1.2mg | Calcium: 36mg | Iron: 1.5mg

Recipe from Create Mindfully: https://createmindfully.com/tofu-ricotta/