Vegan yogurt

△ Ingredients

- ¾ cup soaked cashew nuts
- 300g Tofu or 1 ½ cups
- Juice of one lemon (I like to add juice of 2 lemons for extra sourness)
- Salt to taste
- ½ cup water or more based on the desired consistency

△ Description

1. Soak the cashews overnight or for 8 hours.
2. Place the tofu in a high power blender with ¼ cup water until smooth.
3. Add the soaked cashews, lemon juice, salt and the remaining ¼ cup water.
4. Blend until smooth.
5. Pour the yogurt in a jar and refrigerate. When ready to serve you can add a drizzle of olive oil and garnish with dried thyme or dried mint leaves.

▽ Variations

For an added nutritional boost and a protein source you can add 1tbs of spirulina and enjoy the yogurt with oats and fruits.

For a labaneh consistency, reduce the amount of water and refrigerate.

For strawberry yogurt add 1 cup of frozen strawberries, 1 tbs agave syrup and remove the salt