



Nutrition and  
Dietetics

# Vanilla Cream without Cow's Milk and Egg

Foto: Nadja Lenherr

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## Ingredients

Yields 2 servings

250 g organic  
silken tofu  
10 g cane sugar or  
rice syrup  
30–50 ml organic  
vanilla soy drink  
Pulp of ½ vanilla  
pod or 1 tsp. vanilla  
extract

## Preparation

Blend silken tofu with sugar or syrup until smooth. Add enough soy drink to make the mixture creamy. Chill until ready to serve. Allow 3 hours to cool.

## How Healthy Is a Vegetarian/Vegan Diet?

> [thewaitingroom.karger.com/tell-me-about/how-healthy-is-a-vegetarian-vegan-diet/](http://thewaitingroom.karger.com/tell-me-about/how-healthy-is-a-vegetarian-vegan-diet/)

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