



Tofu is processed soybean curd made from coagulated and pressed soy milk. Nutrient-rich and protein-dense tofu adds moisture, and its neutral flavor adapts to most flavor profiles.

Tofu is a versatile ingredient for use in both savory or sweet cooking. The variety of textures allows for blending, crumbling, or cut into cubes or strips.

TOFU EGG SWOP

TOFU EGG



Equal Parts

Beat together equal parts
tofu and non-dairy milk.
Blend until smooth and creamy.

USE TOFU EGGS:

- Egg scramble
- Quiches, frittatas and casseroles
- Sauces, soups and stews

TOFU EGG BAKING



Swop in silken tofu for eggs on your
next bake.

Best for baked goods that have
another leavening agent and use tofu
eggs as a binder.