

# Tofu Ricotta

Makes 2 cups

## Ingredients

- 1, 14 oz box of extra firm tofu
- 1 tsp of lemon juice
- $\frac{3}{4}$  cup of plant-based milk, unsweetened, original flavor
- 2 tsp of dried parsley

## Directions

- 1 Open and drain extra firm tofu over the kitchen sink, removing all water from the container.
- 2 Take tofu block and place into a medium sized bowl.
- 3 Mash with fingers or fork, mimicking the texture of ricotta cheese. Add unsweetened plant milk and stir.
- 4 Add lemon juice for a little tang/acidity for flavor and mix well. Add and mix in dried parsley.
- 5 Set aside or place in fridge until added to recipe.

