

BRYANNA'S PEANUT BUTTER/TOFU "CREME CHEEZE" SPREAD

Yield: 2 cups/ Servings: 16

Each serving= 2 T.

This spread contains a similar amount of protein, 1/3 of the fat and 1/2 of the calories of an equal amount of peanut butter.

Ingredients

12.3 ounces extra-firm silken tofu

(OR press 1 lb. of medium-firm tofu down to 12.3 ounces.)

1/2 cup unsalted peanut butter *(smooth or chunky)*

4 tsp. lemon juice

1 tsp. agave nectar, maple syrup or organic sugar

1/2 tsp. salt

Process all ingredients in a food processor until smooth. Scoop into a 2-cup container with a lid.

Refrigerate. Easy as that!

Nutrition Facts

Nutrition (per 2 T. serving): 82 calories, 49 calories from fat, 5.8g total fat, 0mg cholesterol, 75.9mg sodium, 121.8mg potassium, 3g carbohydrates, less than 1g fiber, 1.3g sugar, 5.9g protein, 2.4 points.