



Homemade Vegan Yogurt (Tofu Yogurt)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



197 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 banana whole cold
- ☐ 2 tbsp juice of lemon
- ☐ 2 tbsp maple syrup pure
- ☐ 2 tbsp plant-based milk
- ☐ 10 ounces silken tofu

Equipment

- ☐ blender

Directions

- ☐ Combine all ingredients in a blender, whizzing until smooth and creamy. Taste, adding more sweetener as desired. (Agave or other syrup sweetener may be substituted for the maple).
- ☐ Add in fresh fruit such as strawberries, blueberries or more banana for fruit-flavored yogurt.

☐ Amount Per Serving

☐ Calories

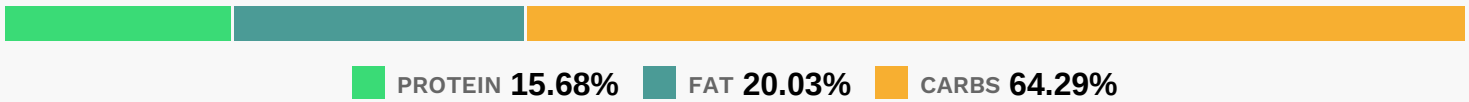
☐ Fat

☐ 40g

☐ Carbohydrate

☐ 30gDietary Fiber1.60gSugars3.40gProtein10.10g

Nutrition Facts



Properties

Glycemic Index:64.64, Glycemic Load:11.71, Inflammation Score:-4, Nutrition Score:8.6291304619416%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 196.77kcal (9.84%), Fat: 4.54g (6.98%), Saturated Fat: 0.86g (5.36%), Carbohydrates: 32.77g (10.92%), Net Carbohydrates: 31.05g (11.29%), Sugar: 22.14g (24.6%), Cholesterol: 1.8mg (0.6%), Sodium: 15.33mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.99g (15.98%), Manganese: 0.62mg (31.08%), Vitamin B2: 0.38mg (22.16%), Copper: 0.34mg (17.1%), Magnesium: 63.94mg (15.98%), Potassium: 549.32mg (15.69%), Vitamin C: 10.94mg (13.26%), Vitamin B6: 0.25mg (12.41%), Vitamin B1: 0.19mg (12.35%), Phosphorus: 117.21mg (11.72%), Calcium: 88.04mg (8.8%), Iron: 1.35mg (7.5%), Zinc: 1.03mg (6.9%), Fiber: 1.72g (6.88%), Vitamin B3: 0.86mg (4.32%), Folate: 14.8µg (3.7%), Vitamin B5: 0.27mg (2.73%), Vitamin B12: 0.08µg (1.35%), Selenium: 0.89µg (1.27%),

Vitamin A: 62.96IU (1.26%), Vitamin D: 0.17µg (1.1%)