



Strawberry Tofool

Maybe you've heard of a classic dessert called a fruit fool? Sue found an English recipe for strawberry fool that dates back to 1764! The basic recipe consists of berries and an equal amount of cream, with sugar added. After blending well, the consistency is similar to a pudding.

Some modern recipes use cream and yogurt. Sue came up with this veganized version. YUM. Try it. It's easy and fast.

1 12-oz. package SILKEN tofu
12 oz. fresh strawberries (or 12-oz. package frozen strawberries, thawed)
1/2 cup agave nectar

Blend in a food processor; chill. That's it!