

Genesis  
Health  
Revolution



Natural Ways  
To Take Back Your Health

# ← Recipe Card →

## Mock Vegenaïse

### **INGREDIENTS:**

- 1 box firm Mori Nu tofu.  
(EXTRA FIRM)
  - 1 1/4-1 1/2 tsp salt
  - 1 1/2 tsp Apple Cider Vinegar\*
  - 1/2 tsp agave
  - 1 tsp lemon juice \*-or- delete the  
ACV and add 2 tsp lemon juice
- OPT: 2 TBS neutral oil (I do not use  
oil)

### **DIRECTIONS:**

- Drain water from tofu.
- Add all ingredients to a high speed  
blender.
- Blend smooth, chill

Yields Approximately 1 pint and will last  
approximately 10-14 days when kept  
refrigerated.



