

WHIPPED TOFU RECIPES

Blending tofu into a thick cream is great for meal prepping breakfast. I blend the tofu and keep it handy to make egg fry, omelets, waffles, tofu chia pudding, tofu pancakes and more!

If I am planning to use it for only savory breakfast, I add the cornstarch and salt, else I just blend tofu and water as the base and store it.

Try these recipes and let me know other ways you use whipped tofu cream!



WHIPPED TOFU RECIPES

Savory Whipped Tofu Base

Ingredients:

- 14 ounces firm or extra firm tofu
- scant 1 cup water (1 tablespoon less than 1 cup)
- 2 teaspoons cornstarch
- 2 teaspoons flour
- 1/4 teaspoon salt
- Optional: kala namak (black salt), garlic powder, for an eggy flavor

Instructions: Blend everything until smooth and creamy. Store in a container in the fridge for up to 4 days

Sweet/Neutral Whipped Tofu Base

Ingredients:

- 14 ounces firm or extra firm tofu
- scant 1 cup water (1 tablespoon less than 1 cup)

Instructions: Blend until smooth and creamy. No salt, flour, or cornstarch needed. Chill in the fridge for a few hours to let it thicken. Use for sweet, cold, or uncooked dishes.

Store refrigerated for up to 4 days.



EGG FRY

Instructions: Heat a skillet over medium-low heat, and add a little oil. When the oil is hot, add 2 to 3 tablespoons of the savory tofu mixture and spread it out. It might start to bubble and spatter a bit, but if it's spattering too much turn the heat down a little bit. Sprinkle turmeric in the center for a yolk look, and sprinkle black pepper and kala namak generously.



Cover the pan and cook for 3 to 4 minutes, increasing heat to medium at the 2-minute mark. Once it's golden on the edges and the center has set, top with pesto, a small Pinch Kala namak , my bacon drizzle (below), or other toppings of choice. Serve immediately on buttered multigrain or sourdough toast, with sliced tomatoes or avocado.

Bacon drizzle mixture: Mix 1 tsp soy sauce, 1 tsp maple syrup , 1/2 tsp smoked paprika, 1/4 tsp garlic powder and use.

More Variations: Use spices on your egg fry for variation, such as Cajun blend, Berbere or garam masala.

OMELETTE

The tofu cream mixture makes fluffy omelets! The cream needs a bit of binding so we add some flour to help. Use all purpose or chickpea flour

Ingredients:

- 1/2 cup savory tofu mixture
- 2 teaspoons flour
- 1/4 teaspoon oregano
- dashes of turmeric and Kala
- namak
- 1/4 teaspoon baking powder
- 2 to 3 teaspoons flour
- salt and pepper, to taste
- 2 tablespoons chopped onion
- 2 tablespoons chopped bell
- pepper
- 1 small mushroom, thinly sliced
- vegan cheese, to taste



Instructions: Mix together the tofu mixture, flour, turmeric, Kala namak, oregano, baking powder, salt, and pepper.

Heat a skillet over medium heat and add a little bit of oil. Sprinkle the onion, peppers, and mushrooms onto the skillet, and cook for a minute. Sprinkle vegan cheese on top, then drizzle the tofu mixture all over the veggies, and spread it out with a spatula.

Cover, and cook 4 to 5 minutes, reducing to medium-low during the last minute of cooking. Cook until the edges get golden and the top is set, then sprinkle more kala namak if desired, fold the omelette, and serve with toasted bread or however you like.

STRATA

This tofu cream is perfect to make a hearty breakfast casserole! It acts as an egg custard.

Ingredients:

- 1/4 cup chopped onion
- 1/4 cup chopped mushroom
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon black pepper
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon salt
- 3/4 cup chopped, day-old bread
- spinach (optional)

Custard:

- 1 cup savory tofu mixture
- 1/8 teaspoon turmeric
- 1/8 teaspoon kala namak
- 1/2 teaspoon Dijon mustard, optional
- 1/2 teaspoon baking powder
- 2 teaspoons flour

Instructions: Preheat oven to 400°F (205° C). In a baking dish, mix the onion, mushroom, herbs, salt, pepper, and bread with oil, tossing well to coat. Bake for 13 to 15 minutes, until the bread is golden.

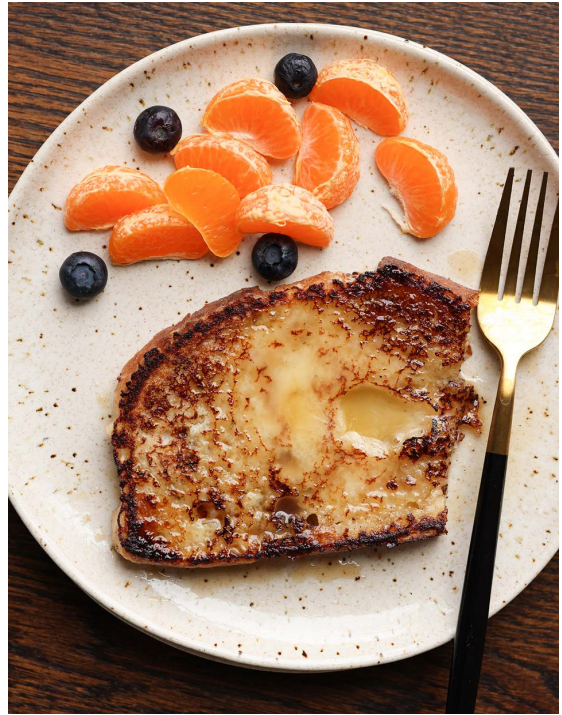
Meanwhile, mix together the tofu with turmeric, kala namak, mustard, paprika, baking powder, and flour. Pour over the bread and veggies, add spinach if you want, and toss well. Bake 20 to 25 minutes, until the top is nicely set. Cool 10 minutes before slicing and serving with hot sauce, [vegan Hollandaise](#), or dressing of choice



FRENCH TOAST

Ingredients:

- 2 slices of bread
- ¼ cup non-savory tofu cream (with or without flour or cornstarch)
- 1 tablespoon maple syrup
- cinnamon, to taste
- vanilla, to taste
- 1 teaspoon non-dairy milk (optional, if needed to thin the mixture)
- oil or vegan butter, for cooking



Instructions: In a small bowl, combine the tofu cream, maple syrup, cinnamon, and vanilla. Mix well. If the mixture is too thick, add the non-dairy milk and mix until smooth.

Pour the mixture into a shallow bowl. Place the bread slices into the mixture, flipping them over to coat both sides thoroughly.

Heat a skillet over medium-high heat. Once hot, add a little oil or vegan butter. Place the coated bread slices on the skillet and cook until golden brown on both sides.

If you prefer, you can bake your French toast using my [baked French toast recipe](#) directions.



SCRAMBLE

Ingredients:

- 7 ounces firm tofu, crumbled
- 1/4 cup savory tofu mixture
- 2 tablespoons each chopped onion, pepper, mushroom, or other veggies
- 1 teaspoon oil
- 2 teaspoons tofu scramble seasoning (or 1/2 teaspoon each garlic powder, onion powder, black pepper, kala namak)
- black pepper, green onion, kala namak, and herbs, for topping



Instructions: Heat oil in a skillet over medium heat. Once the oil is hot, add the veggies with a pinch of salt and sauté 2 minutes. Mix in the crumbled tofu, whipped tofu mixture, and scramble seasoning. Cook for about 2 more minutes, until heated through. Top with more kala namak, black pepper, green onion, and fresh herbs. Serve with toast, roasted veggies, salad, or fruit on the side.

EGG MUFFINS & SAVORY SAUSAGE WAFFLES

Ingredients:

- 1/2 cup savory tofu mixture
- 2 tablespoons flour (or chickpea flour)
- 1/2 teaspoon baking powder
- 2 teaspoons scramble seasoning (or 1/2 teaspoon each garlic, onion, pepper, kala namak)
- paprika and oregano, optional
- 1/4 cup chopped vegan sausage
- 1 tablespoon chopped sun-dried tomato
- handful fresh spinach or 3 tablespoons frozen spinach



Instructions: Preheat the oven to 350°F (175° C).

In a bowl, mix whipped tofu, flour, baking powder, seasonings. Then, fold in the sun-dried tomato, sausage, spinach, and any other veggies of choice. Scoop into a lined muffin tin or double liners on a baking sheet. Bake for 22 to 25 minutes.

To make waffles: Add 2 more tablespoons flour, grease the waffle iron well, and cook the batter in the waffle iron until it's golden brown.



PROTEIN PANCAKES

These pancakes are so hearty and moist and still so fluffy! You need to add some tofu in pancakes.

Ingredients:

- 1/2 cup flour
- 2 tablespoons almond flour
- 1 teaspoon baking powder
- 1/2 teaspoon vanilla powder or extract
- 1/4 cup sweet whipped tofu mixture
- 1 to 2 tablespoons maple syrup
- 6 to 7 tablespoons non-dairy milk
- berries, chocolate chips, or cinnamon, optional



Instructions: Mix the flour, almond flour, baking powder, and vanilla powder (if using) well. Press and mix to mix the almond flour in. Stir in the vanilla extract (if using), the whipped tofu, maple syrup, and 6 tablespoons of the milk to make a thick batter. If it's too thick, add more milk to thin it out but don't thin out too much. Keep batter thicker than pancake batter.

Heat a skillet over medium-high, and add some oil or vegan butter. Once the oil is hot, spread the batter onto the skillet. The batter is going to be thick, so you'll need to spread it out using a spatula instead of by hand. Then press in the berries and chocolate chips. Cook 2 minutes until golden, flip, and cook another minute or two. Serve with fruits, maple syrup, butter, and your favorite fixin's.

CHOCOLATE PEANUT BUTTER CHIA PUDDING

This tofu cream makes a decadent mousse like chia pudding.

Ingredients:

- 2 tablespoons chia seeds
- 3 tablespoons hot water
- 1/2 cup sweet whipped tofu mixture
- 1 tablespoon cocoa powder
- 1 to 2 tablespoons maple syrup
- 1/2 teaspoon vanilla extract
- 2 tablespoons peanut butter, softened
- chopped peanuts, chocolate chips, berries, for topping

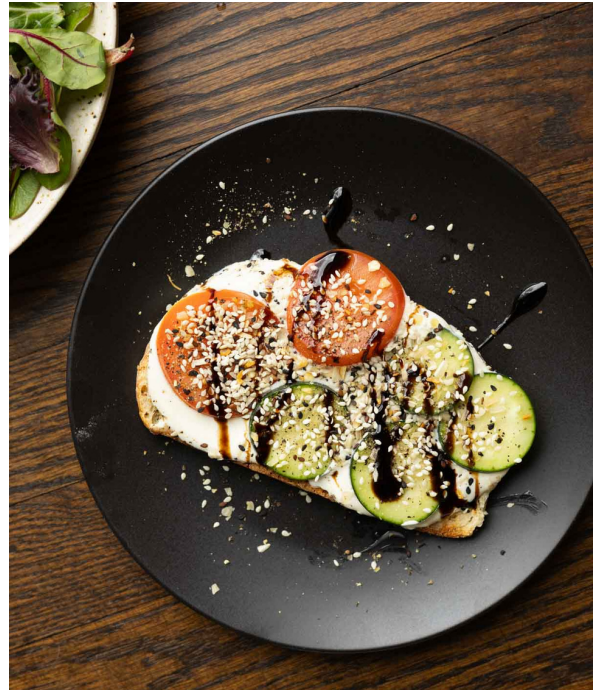


Instructions: Combine chia seeds with hot water in a small bowl, and let that sit 5 minutes for the chia seeds to hydrate. Stir in the whipped tofu, cocoa powder, maple syrup, and vanilla. Mix well. Spoon into jars, swirl in the peanut butter, and top with nuts or berries.

WHIPPED TOFU TOAST

Instructions: Chill the neutral tofu mixture for at least an hour. Spread generously on toasted bakery bread (like rosemary or olive bread).

Add toppings of choice, like sliced tomatoes or cucumbers, everything bagel seasoning, pepper flakes, hemp or sesame seeds, greens, sprouts, lemon zest, or balsamic glaze.



Other Toppings: spice blends of choice, chili crisp, or Indian spiced oil (tadka with mustard seeds and curry leaves).

WHIPPED TOFU GRANOLA BOWL

Add neutral whipped tofu to a bowl. Add granola, fruit, maple syrup, and a pinch of cinnamon, vanilla, or lemon zest. Enjoy!

Troubleshooting:

Omelette or egg fry too delicate: add more flour. Different tofu brands can have different amounts of moisture. Same with egg muffins. Add more flour if they are tending to fall and staying too soft in the middle.

