

Silken Tofu Sour Cream

Ingredients:

- 1 (7 oz) packet silken tofu (not firm)
- 2 tablespoons lemon juice
- 2 tablespoons avocado oil (or any light-flavored oil of your choice)
- 1/2 teaspoon salt
- 1 teaspoon sugar or maple syrup (optional)

Instructions:

1. Place all the ingredients into a blender.
2. Blend until smooth and creamy.
3. Taste and adjust seasoning if needed.

Note: The addition of sugar or maple syrup is optional, but it can enhance the flavor.

Nutritional Breakdown (Per 2-tablespoon serving, assuming 8 servings)

- **Calories:** 40
- **Total Fat:** 3.5g
 - **Saturated Fat:** 0.5g
- **Cholesterol:** 0mg
- **Sodium:** 100mg
- **Total Carbohydrates:** 1g
 - **Dietary Fiber:** 0g
 - **Sugars:** 0.3g
- **Protein:** 1g

Note: Nutritional values are approximate and can vary depending on the exact ingredients and brands used.