

# Tofu Cashew Mayo

A little bit of cashew butter gives creaminess, but if you want lower fat, omit it.

Course: Lunch, Sauces    Cuisine: American, Salad, Sandwiches

Keyword: Tofu    Servings: 24    Calories: 13.7kcal

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No ratings yet

## Equipment

- High speed blender

## Ingredients

- 12 oz firm silken tofu drained (make sure it's SILKEN)
- 1 tbsp cashew butter
- 1 tbsp [apple cider vinegar](#)
- 2 tsp [date paste](#) coconut sugar, or maple syrup
- 1 tsp Dijon mustard
- ¾ tsp kala namak Indian black salt
- ¾ tsp onion powder
- ½ tsp garlic powder

## Instructions

1. Combine all ingredients into a blender and process until completely smooth. Refrigerate for up to a week.

Yield: 2 cups

## Nutrition

Calories: 13.7kcal | Carbohydrates: 1g | Protein: 0.8g | Fat: 0.7g | Saturated Fat: 0.1g | Polyunsaturated Fat: 0.3g | Monounsaturated Fat: 0.3g | Sodium: 76mg | Potassium: 34.1mg | Fiber: 0.1g | Sugar: 0.5g | Vitamin A: 0.2IU | Vitamin C: 0.1mg | Calcium: 5.3mg | Iron: 0.2mg

Recipe from Cindy Thompson, Trimazing! Health & Lifestyle Coaching [www.trimazing.com](http://www.trimazing.com)