



Makes 6 desserts
Preparation Time: 20 minutes

INGREDIENTS:

1 16-oz. package strawberries,
hulled

8 oz. firm silken tofu, drained

$\frac{3}{4}$ cup pitted dates (preferably
Deglet Noor)

2 tablespoons lemon zest

1 teaspoon pure vanilla extract

$\frac{1}{2}$ teaspoon ground cardamom

The Best Vegan Strawberries and Cream

Berries and cream is a classic **summer flavor** combo, and this dairy-free version makes it the perfect dessert for plant-based eaters. Juicy strawberries are paired with a tofu-based cream that's enhanced with the bright flavors of lemon zest and cardamom. Perfect for satisfying your sweet tooth without having to turn on the oven, this quick **no-cook** treat tastes indulgent without any unhealthy ingredients. Make sure to layer the ingredients in clear glasses so your eyes can feast on the fabulous colors before you even take a bite!

From plants-rule.com

By Katie Simmons

- 1 For tofu cream, in a blender combine $1\frac{1}{2}$ cups of the strawberries and the remaining ingredients. Blend until smooth, scraping down sides as needed.
- 2 Quarter the remaining strawberries. Layer tofu cream and strawberries in 6 serving dishes. If desired, garnish with additional whole strawberries and lemon zest.