

From Tammy

This is a breakfast custard that has no dairy in it. The things that are most crucial to making it a delectable breakfast treat is to make sure it is beaten or whipped into a very smooth consistency. I use a stand mixer and once the ingredients have been mashed together with my big paddle attachment, I change to a whip attachment and beat for five minutes. The same texture is possible with a food processor, but must be done in divided batches lest the liquid ooze out of the processor. Trust me on this one.

Ingredients:

Two one pound containers silken tofu

eight whole eggs

Two tablespoons vanilla in glycerin (do not use extract due to the alcohol content)

Two teaspoons cinnamon, the stronger the better.

one to two teaspoons nutmeg

Grated lemon or orange zest(optional)

As an alternate flavoring, which is milder, you may use Penzey's Cake Spice blend, Two teaspoons.

Put all ingredients in mixer. Break up ingredients with large paddle attachment, then use whip attachment for five minutes until texture is smooth. It will appear a little grainy, but that's ok. Use vegan butter or a bit of sprayed oil to lubricate baking dish. Pour mixture into dish. Prior to baking at 375 for forty minutes or so, Place baking dish in a hot water bath and then place in oven. Pudding is done when there is only the slightest bit of jiggle in the center of the dish. I find waiting until a knife comes out clean from the center makes the top of the custard a bit tough. Enjoy!