

APRIL IS NATIONAL SOYFOODS MONTH

Raspberry Fruit Dip

Recipes provided by...

Soybeans
Nebraska Soybean Board



INGREDIENTS...

- 1 pkg (12.3 oz.) firm silken tofu
- 3 Tbs honey
- 1 1/4 cups frozen raspberries
(unsweetened)

Per cup:

Calories:.....	307
Total fat:.....	18.7 g
Saturated fat:.....	2.5 g
Cholesterol:.....	0 mg
Sodium:.....	44 mg
Carbohydrate:.....	29.5 g
Protein:.....	8.8 g
Soy Protein:.....	8.2 g
Dietary Fiber:.....	1.8 g

This brightly colored dip is good enough to eat with a spoon – go ahead and try it!

Put the tofu and honey into a blender and blend until very smooth. Stop the blender and scrape down the sides occasionally, if necessary. Add the frozen raspberries and blend again until smooth. Pour into a serving bowl and serve with fresh fruit, cake, graham crackers, or cookies for dipping.

Yield: 2 cups