

# VILLAGE HEALTH CLINIC INC

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## RECIPES

### TOFU CHEESE CAKE

by Chieko Yoshikawa of UCSC

NUMBER OF SERVINGS: 8

OVEN TIME: 10 minutes

OVEN TEMP: 350°F

Ingredients:

- \* 4 ounces whole wheat honey graham crackers
- \* 3 tablespoons olive oil (preferable) or margarine at room temperature
- \* 1 cup pineapple juice
- \* 2 tablespoons gelatin or agar-agar
- \* 1 pound soft tofu
- \* 5 tablespoons honey
- \* 6 tablespoons freshly squeezed lemon juice
- \* 1 tablespoon grated lemon peel
- \* 1 teaspoon candied ginger, minced

COOKING INSTRUCTIONS: 1. Preheat the oven to 350 degrees. Lightly grease a 9-inch pie pan plate with margarine.

2. In a food processor, or by hand, crumble the graham crackers, add olive oil and work to a fine crumb. Press the cracker mixture onto the bottom of the pie plate until the surface is smooth and even. Bake for 10 minutes. Cool.

3. Heat the pineapple juice to a near boil. Stir in the gelatin or agar-agar gradually and simmer until it is dissolved, about 5 minutes. Cool for at least 10 minutes.

4. IN A BLENDER OR FOOD PROCESSOR, COMBINE ALL THE OTHER INGREDIENTS WITH PINEAPPLE JUICE MIXTURE AND BLEND FOR A MINUTES. POUR INTO THE BAKED CRUST. REFRIGERATE 3 TO 4 HOURS.

### TOFU CHEESECAKE #2

9-inch- graham cracker pie crust

- \* 1 lb. firm tofu
- \* 1/2 tsp salt
- \* 1/8 cup lemon juice
- \* 1/4 cup vegetable oil
- \* 1/2 cup honey
- \* 1 tsp. vanilla
- \* 1 Tbls. corn starch or arrowroot
- \* 2 beaten eggs

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Preheat oven to 350. Dissolve cornstarch in 2 Tbls. water. Combine all filling ingredients in a food processor and blend until creamy. Pour into crust and bake for 30 min. or so until top is golden brown, and cake has firmed somewhat. Cool, and top with 1/2 can cherry or blueberry pie filling. Enjoy!

## TOFU CHEESECAKE #3

### Filling:

- \* 3 c. tofu (silken soft is best)
- \* 1/3 c. FRESH lemon juice (this is crucial)
- \* 1/4 c. oil + 1/4 c. margarine: melted and cooled
- \* 1 (or 1 1/4) c. sugar
- \* 3/4 tsp. salt
- \* 1 1/4 vanilla
- \* 1/4 c. water or soymilk, IF necessary

### Directions:

This is a nice dessert that even people who don't like tofu usually like. I got the recipe from a friend, but she doesn't know the original source.

Blend ingredients well, in order, in a blender, until thick and creamy (add liquid at end only if needed to blend tofu). Pour into partially baked crumb crust (below) and bake at 350 F 1/2 hour or until tofu is set in the middle.

Top with fruit or fruit syrups if desired. Makes 1 9-inch pie.

### Crumb Crust:

- \* 2 c. flour
- \* 1/2 c. sugar
- \* 1/4 tsp salt
- \* 2 Tbsp. oil
- \* 1/4 c. (scant) soft margarine
- \* 2 Tbsp. water

### Directions:

Mix dry ingredients. Work in oil and margarine. Work in water (should be crumbly). Pat on bottom and halfway upsides of 9" pie pan. Partially bake 10 min at 350 F (be careful, it can burn easily). Fill and bake as above.

## LEMON TOFU "CHEESECAKE"

### Crust:

2 C graham cracker crumbs 1/4 C maple syrup 1/4 t almond extract

Preheat oven to 350°. In a medium bowl, mix cracker crumbs, syrup and extract until crumbs are moistened.

Pour into oiled 9-inch pie plate; press mixture evenly to form crust. Bake 5 minutes; let cool while preparing filling.

### Filling:

1 lb. Japanese firm silken tofu 1/3 C sugar 1 T tahini or almond butter 1/2 t salt 1 to 2 T lemon juice 1/2 t almond extract 2 T cornstarch dissolved in 2 T soymilk or rice milk

Blend all ingredients in food processor or blender until smooth, about 30 seconds.

Pour mixture into crust. Bake until top of pie is slightly browned, about 30 minutes. Cool and refrigerate until thoroughly chilled and firm, about 2 hrs.

*Per serving: 212 cal.; 7G prot.; 5G total fat(1 g sat. fat); 36G carb.; 0 chol.; 372MG sod.; 1G Fiber.*

## VEGAN CHEESECAKE

1 8"-graham cracker crust - unbaked

1-lb silken Tofu,

1/2 c Brown sugar

1/3 c Honey or syrup

1/4 c Oil

2 TB Lemon juice

1 TB Unbleached white flour

1 tsp. Vanilla

Pinch of salt

Preheat oven to 350 degrees. Blend all ingredients except the crust in a food processor until smooth and creamy. Pour into the unbaked pie shell and bake for about 45 minutes or until cracks start to form around the edge of the filling.

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### NO BAKE PUMPKIN "CHEESECAKE"

2	tb	Almond butter
2	tb	Water
6	oz	Graham crackers
2	c	Pumpkin, cooked & pureed
1	pk	Silken tofu, firm
2/3	c	Maple syrup
1/4	c	Almond butter
1	tb	Pumpkin pie spice
1	c	Water
1 1/2	tb	Agar powder

Lightly oil a 12" springform pan & set aside.

Mix together almond butter & water. Set aside. Grind graham crackers in a food processor into fine crumbs. Transfer to a large bowl & mix in the prepared almond butter-water mixture until coarse crumbs are formed. Press firmly into bottom of prepared pan & set aside.

Puree pumpkin, tofu, maple syrup, almond butter & spice. Set aside. Meanwhile, simmer water & agar in a small saucepan for 3 to 5 minutes, whisking constantly. Immediately add to pumpkin mixture & blend until smooth.

Pour this mixture into the waiting crust & smooth the top. Chill overnight.

"Vegetarian Gourmet" Fall, 1995

### VERY VANILLA CHEESECAKE

#### Crust

- 11 Vanilla sandwich cookies - crushed
- 3 TB Butter -- or margarine/melted

#### Filling

- 16 oz Light cream cheese
- 12oz Tofu -- well drained

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1/2c Granulated sugar replacement

1/4 c Vanilla-flavored liqueur

2TB Cornstarch

2 tsp. Vanilla extract

12 Egg whites

In a large bowl combine cream cheese, tofu, sugar replacement, vanilla-flavored liqueur, cornstarch, and vanilla extract. Beat with an electric mixer till smooth. Stir in egg whites. Pour the cream cheese mixture over the crust. Bake at 225°F for 1 hour and 20 min or till the center no longer looks wet or shiny. Remove the cake from the oven and run a knife around the inside edge of the pan. Turn the oven off; return the cake to the oven for an additional 2 hour. Chill, uncovered, overnight.

Serve with fresh sliced fruit.

Source: Cheesecake Extraordinaire