

## Tofutti Better Than Cream Cheese – Non-Hydrogenated (Vegan, Gluten-Free)

This really does taste like cream cheese! The texture is unbelievably perfect: soft, rich, and 100% creamy. Though it has been a while since I have had traditional dairy cream cheese, I would venture to say that the taste of Tofutti is close to identical. If anything, it may be a touch less sharp than cream cheese made from cow's milk.

As an initial test, I prepared carrot cupcakes with "cream cheese" frosting made of Tofutti, Earth Balance Buttery Sticks, powdered sugar, and real vanilla. I took them to a small dinner party of dairy consumers. Everyone loved them, and not a single person could tell the difference.

Today I trialed it as a bagel spread, topped with capers and wild smoked salmon. I was more than pleased. The Americanized bagel and lox combo is back on my lunchtime menu.

The next test will be cheesecake. I have heard rave reviews from many people on Tofutti based cheesecakes, so I am presumptuously anticipating success. Luckily, I have the cookbook, *Amazing Dairy-Free Desserts* on hand. The author explains how to best use Tofutti (apparently there is a trick or two) and offers six different "cheezecake" recipes. Dairy-free Toffee Pecan Cheesecake anyone?

When you purchase Tofutti, be sure to pick up the Better Than Cream Cheese in the yellow tub. This one is free of hydrogenated oils. I have heard rumor that Tofutti is phasing out their cream cheeses with partially hydrogenated oils, but I still see them on every grocer's shelf in my local area.

- Pros: Vegan; Kosher certified; Gluten-free; Widely available; Excellent taste and texture; Versatile
- Cons: It does contain some thickeners which are corn-derived, such as maltodextrin

Recommended for:

- A Straight-Up Cream Cheese Substitute
- Spreading on Bagels
- Dairy-Free Cheesecakes and Cream Cheese Frosting

Where to Buy:

- Online – If you just can't find this stuff in stores, it is available to order from Amazon
- In Store – Tofutti is a regular in natural food grocers, and lately, it has debuted in some of the new "natural food" aisles at other local grocery stores