

Naturally Soy Buttah

Ingredients:

* ½ c     Original Soy Milk
* ½ t     Lemon Juice
* 1 T       Sea Salt
* ½ t     Organic Cane Crystals
* 1 c      Vegetable or Olive Oil
* 1 c      Coconut Oil
* 3-4 T Lecithin Liquid or Granules

Directions:

1.     Mix milk, salt and lemon in a bowl and allow it to sit for 10 minutes so the mixture curdles a little.

2.     Then add oil and lecithin, but don’t blend yet.

3.     Pour milk base into blender and blend for 2 to 3 minutes until smooth creamy and thickened.

4.     Immediately pour mixture into container and place in fridge or for 1 hour in freezer if needed for the same day, then remove and serve.

5.     Refrigerate after using, will keep for up to 3 to 4 weeks.

Makes: 2¼ cups

Did you know?

Soy butter can generally be used in place of butter in most cooking and baking recipes, but it may have effects on the final taste and textures of recipes.