

## Mori-Nu Tofu 101

Mori-Nu is tofu sold in a Tetra Pack on shelf in an aisle instead of in the refrigerated section. Mori-Nu is the most common shelf-stable brand of tofu. Mori-Nu is silkier than even the silk style refrigerated tofu. The refrigerated tofu is also referred to as “Chinese tofu” vs the shelf stable “Japanese tofu”.

The Tetra Pak version is great for taking on trips since it is shelf stable and doesn't need to be refrigerated until opened. Mori-Nu is perfect in recipes for silken pies or in pumpkin pie. Mori-Nu is a great dairy and egg replacement in recipes calling for mayo, yogurt, sour cream, and in lieu of cream soups in recipes. Substitute blended Mori-Nu in the same volume called for by your recipe. There are even recipes using Mori-Nu to make your own Alfredo Sauce, vegan mayo and vegan sour cream to be used as sauces/condiments.

Mori-Nu can be used as an egg replacement in recipes-use 3 tablespoons of blended Mori-Nu in lieu of each egg in recipes where the egg would have otherwise have been added for thickening and moisture.

Even more Mori-Nu tips can be found at <https://www.morinu.com/tofu-tips>

Mori-Nu can be found in the international aisle of a grocery stores or in Asian grocery stores.

By using Mori-Nu instead of the 4 eggs, ½ c light cream and 1.5 c 2% milk in a typical pumpkin pie recipe you are saving fat, **cholesterol** and calories. To compare, one, 10-oz container of Mori nu vs the eggs, milk and cream stack up like this (pumpkin contents not included below):

	<b>Fat</b>	<b>Calories</b>	<b>cholesterol</b>
Pie with Mori Nu	10 g	200	0 mg
Pie with eggs, milk, cream	49 g	705	853 mg

More Mori-Nu recipes can be found here, including using Mori-Nu in dips and as eggless scrambles or eggless salad for a sandwich: <https://www.morinu.com/recipes>

Happy Herbivore has several recipes online for Mori-Nu including:

<http://happyherbivore.com/recipe/homemade-vegan-yogurt-tofu-yogurt/>  
<http://happyherbivore.com/recipe/instant-vegan-alfredo/>  
<http://happyherbivore.com/recipe/pumpkin-pie/>