

# Good Enough 2 Eat

TELEVISION ABOUT FOOD, GOOD FOOD. FOOD GOOD ENOUGH TO EAT!



[www.goodenoughtoeat.net](http://www.goodenoughtoeat.net)

## Strawberry Cloud

### You'll need:

- 250g strawberries, washed & hulled
- 300g silken tofu
- 1 tablespoon lemon juice
- 1 teaspoon vanilla essence
- 1/8 teaspoon salt
- 1 cup sultanas softened in hot water and drained
- Mint leaves for garnish
- Extra strawberries for garnish



### Here's what to do:

1. Place all ingredients in a blender and blend until very smooth.
2. Pour into dessert dishes and chill (will thicken slightly after 5-10 minutes).

### Serving suggestion:

- Decorate with mint leaves and extra strawberries.

### Variation:

- Make *Apricot Cloud* by substituting the strawberries with 425g apricots (drained, if using canned) and using only 1/2 cup sultanas, softened.