

# FIXATE RECIPES

## VEGAN CRÈME BRÛLÉE

Serves: 4 (approx. ¼ cup + 2 Tbsp. each)

GF V VG

Total Time: 4 hr. 15 min.

Prep Time: 4 min.

Cooking Time: 11 min. + 4 hr. chilling time

1½ cups	firm tofu, drained, crumbled	2 tsp.	pure vanilla extract
½ cup	pure maple syrup	1 pinch	sea salt (or Himalayan salt)
½ cup	coconut cream	¼ cup	sugar
1 Tbsp. + 1 tsp.	cornstarch (preferably GMO-free)		

**SPECIAL EQUIPMENT:** Cheesecloth (or clean kitchen towel) • 4 ramekins (or single-serving, heatproof dishes)

1. Wrap tofu in cheesecloth (or a clean kitchen towel); wring out all excess moisture.
2. Add tofu, maple syrup, coconut cream, cornstarch, extract, and salt to a blender. Blend on high until very smooth.
3. Add tofu mixture to a large nonstick skillet over medium heat.
4. Bring to a gentle boil; cook, stirring often, for 1 to 2 minutes, or until mixture thickens.
5. Evenly divide tofu mixture among four ramekins. Cover and chill for at least 4 hours, or until set.
6. When ready to serve, unwrap ramekins.
7. Add sugar to a small nonstick skillet over medium-high heat.
8. Cook, moving pan around flame to heat evenly, for 3 to 4 minutes, or until sugar melts and caramelizes. Pour 1 tsp. of hot caramel on top of each ramekin; swirl container to create an even layer. Chill again for 5 minutes, or until caramel hardens.

### RECIPE NOTE:

- Melted sugar is very hot and sticky. Please handle with care.

### Nutritional Information (per serving):

Calories:	358	Cholesterol:	0 mg	Fiber:	5 g
Total Fat:	9.5 g	Sodium:	97 mg	Sugars:	37 g
Saturated Fat:	7 g	Carbohydrates:	48 g	Protein:	20 g



### Container Equivalents (per serving)

■ ½ ■ 2 ■ ½

### Vegan Container Equivalents (per serving)

■ ½ ■ 2 ■ ½

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **V** icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the **VG** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.