

Tofu spread

(inspired by Nathalie Chausseau)

Ingredients

1 brick firm tofu
¼ cup tahini (sesame butter)
¼ cup lemon juice or apple cider vinegar
1 tb spoon Dijon mustard
1 tb spoon nutritional yeast
½ teaspoon turmeric
½ teaspoon garlic powder
salt and pepper to taste
½ cup carrot, shredded
½ cup celeri, diced
1 small red onion, diced

Preparation

1. In a blender, mix all the ingredients except the carrot, onions and celeri. Blend until mix is smooth.
2. Transfer mix to a bowl and add the vegetables. Mix well. Season to taste.