

Tofu Sandwich Spread



Indulge in a creamy and versatile spread made with tofu, packed with savory herbs and spices. Easy to make and perfect for sandwiches or wraps, it's a delicious plant-based option for your meals!

Preparation 15 min

Cooking 0 min

Servings 4

Nutrition Facts (per serving)

Calories 190

Fat 11

Carbohydrates 7

Fibre 3

Protein 20

Sodium 120

Ingredients

- 1 block (454g) firm tofu
- 60 ml (¼ cup) nutritional yeast
- 45 ml (3 tbsp) light mayonnaise
- 15 ml (1 tbsp) lemon juice
- 5 ml (1 tsp) Dijon mustard
- 5 ml (1 tsp) garlic powder

- 5 ml (1 tsp) turmeric
- 2 stalks celery
- Salt and pepper to taste
- 1 ml (¼ tsp) cayenne pepper (optional)

Preparation

1. Add all ingredients except celery to a food processor. Pulse until desired texture is achieved.
2. Cut celery into small cubes and add tofu mixture.
3. Place the spread in a tortilla and add the toppings of your choice.

Note: Use a whole wheat tortilla to make a wrap. It is easier to incorporate a good amount of vegetables such as: tomato, cucumber, grated carrot, red cabbage, lettuce, baby greens, etc. Excellent with tabasco!

Notes



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