

TONZU

PLANT-BASED WHOLEFOODS

Tofu Sour Cream Makes 2 cups

TONZU Tofu can be used in place of sour cream, yoghurt or mayonnaise in dips and salad dressings. This sour cream is a great accompaniment to baked, boiled, mashed or 'any-way-you-like-them' potatoes

Difficulty Level: Easy

Prep Time: 5 minutes

Cook Time: 0 minutes

Total Time: 5 minutes



INGREDIENTS

- 300g TONZU Organic Tofu
- 2½ tbsp olive oil
- 1 lemon juiced
- 1½ tsp mild mustard
- 1 tsp salt
- 3 spring onions, white & green finely chopped (optional)
- 2-3 tbsp parsley, finely chopped

HOW TO MAKE

1. Place all the ingredients in a food processor and blend until nice and smooth.
2. Remove from the food processor and fold in the spring onion greens and parsley if using.

HOW TO SERVE

Add to rice and vegetables, toss through your favourite salad for a creamy dressing, add to a piping hot jacket potato or dollop generously onto spicy nachos the options are endless!