

# ONE BITE

VEGAN MAGAZINE

Perfect Creamy  
**Turmeric  
Latte**

IG WORTHY  
FIG & COCONUT  
CREAM TOAST

*Swirly Cinnamon Rolls*  
with Tofu Icing

*Tofu Spread with  
Dried Tomatoes*

*Rich Arugula-Pecan*

**CHEESY  
SPREAD**

**Smoky Baba Ganoush Dip**



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# *Tofu Spread with Dried Tomatoes*

By: Rina from Blueberry Vegan



**T**here are a lot of vegan spreads to buy nowadays. So much that it is sometimes hard to decide which one to choose. Despite the spreads made from veggies, many of those spreads have a lot of fat. And often this fat is cheap sunflower oil, which isn't the best choice for your health, because of its fatty acids composition.

Not only to avoid this fat, but also to save some money (spreads in the supermarket can be expensive), make your own spread! However you'll need a little fat to round off the flavor, but just use rapeseed oil for that, which has a better composition of fatty acids.

Dried tomatoes and oregano add Mediterranean flair and spice.

Have fun trying this spread!

# Tofu Spread with Dried Tomatoes

Serves 4 (2 small jars)

## INGREDIENTS:

- 200 g (7 oz) tofu
- 40 g (1/3 cup) dried tomatoes
- 2 tbsp soy yoghurt, unsweetened
- 1 tbsp tomato paste
- 1 tbsp rapeseed oil
- 1 tsp oregano
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp onion powder
- 1/4 tsp garlic powder

## INSTRUCTIONS:

1. Cover the tomatoes with boiling water and let rest for 15 minutes.

2. Blend all ingredients until the spread is creamy but slightly chunky.

### Tips/Notes

Because of the yoghurt this spread will age and get spicier by time.





## ABOUT THE AUTHOR

My name is Rina and I am the creative mind behind Blueberry Vegan. My passion is cooking and baking. Since always. And for a while now, since 2014 to be exact, I only cook and bake plant based. I want to show you that a vegan diet is not made of side dishes or boring arrangements where just the meaty part is left out. A vegan diet means abundance and great food in so many varieties!

Find my recipes and more on my website, [Blueberryvegan.com](http://Blueberryvegan.com)

