



TOFU CREAMY SALAD DRESSING

Delicious and creamy, ideal for pasta salad or tuna salad

 5 minutes

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 8 portions

INGREDIENTS

- 250 grams of tofu, plain
- 100 grams of cheese, cottage, [1% M.F.]
- 75 grams of beverages, almond milk, unsweetened, shelf stable
- 40 grams of vinegar, cider
- 50 grams of mustard, prepared, yellow
- 1/2 tsp of salt, table [3 g]
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- 1/2 tsp, ground of spices, pepper, black [1 g]
- 2 grams of provence herbs, dried

COOKING METHOD

- 1° Mix all the ingredients together in a small blender [Nutribullet]
- 2° You can add some garlic if you like, Or any kind of spices, paprika, curry powder....
- 3° Yield 60 gr per portion [+/- 1 Tbsp]

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [66 g]	% DRI
ENERGY	73 kcal	48 kcal	2 %
FAT	3 g	2 g	3 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	2 %
CHOLESTEROL	1 mg	0 mg	0 %
SODIUM	704 mg	461 mg	19 %
CARBOHYDRATE	2 g	2 g	1 %
SUGARS	2 g	1 g	—
FIBER	1 g	1 g	2 %
PROTEIN	8 g	5 g	—