

## **APPETIZERS**

### ***SNACKS, DIPS & SPREADS***

#### **Parmesan Garlic Bread** (Serves 4)

4 slices sprouted wholegrain bread	garlic powder (not garlic salt)
pure virgin olive oil	Parmesan cheese

Toast the 4 slices of bread.

With a pastry brush, lightly brush each slice of toast with olive oil.

Sprinkle about 1/2 tsp of garlic powder and 1 tsp Parmesan cheese on each slice.

Place the toast under the grill and broil until slightly crispy and lightly browned.

Serve immediately.

#### **Creamy Hummus**

8 oz (1 cup) soft tofu	juice of 1 large lemon
2 cups cooked garbanzo beans, mashed *	1/4 cup sesame tahini
3 medium cloves garlic	2 tbsp Bragg Liquid Aminos
1 small onion, chopped	3 tbsp fresh parsley, chopped

Blend tofu in blender until smooth and creamy.

Add rest of ingredients and blend until the consistency of mayonnaise. If it seems too thick, add lemon juice, 1 tbsp at a time.

\* Canned, drained garbanzo beans can be used.

#### **Tofu-Sesame Spread**

8 oz extra firm tofu	2 scallions, finely chopped
1 tbsp barley miso	2 tbsp sesame tahini
2 tbsp nutritional yeast	1 medium clove garlic

Blend all ingredients until smooth. Chill for at least 30 minutes to blend flavors.

**Variation:** For **Tofu-Olive Spread** substitute 2 tbsp olive oil for tahini, and after blending ingredients, thoroughly mix 2 tbsp chopped olives into mixture.

### **Eggless “Egg” Salad (Serves 4)**

12 oz (1-1/2 cups) firm tofu, mashed	2 scallions, finely chopped
1 tbsp apple cider vinegar	1 stalk of celery, finely chopped
2 tsp Dijon Mustard	1 tbsp fresh parsley, finely chopped
1 tsp Sucanat (optional)	1/2 tsp black pepper
1/2 tsp turmeric	1/8 - 1/4 tsp paprika (to taste)
1/4 cup Nayoanise (optional)	1 tsp minced capers (optional)

Combine and thoroughly mix together the vinegar, mustard, Sucanat and turmeric in a separate bowl from the mashed tofu.

Add this liquid mixture, chopped vegetables, black pepper, paprika and capers to the mashed tofu and mix thoroughly.

For best results, allow to sit for at least one hour so the flavors blend completely.

Serve on sprouted bread, on nonfat wholegrain crackers, or in a whole wheat pita pocket, with lettuce, cucumber and tomato slices.

**Variation:**     **Curried “Eggless” Egg Salad:** Add 1 tsp curry powder to above mixture during first step.

### **Immune-Balancer Tofu Spread**

8 oz (1 cup) firm tofu	2 - 3 scallions, finely chopped
1 tbsp red or brown miso paste	1 tbsp pure virgin olive oil
1 - 2 medium cloves garlic, minced	1 tbsp sesame oil
2 tbsp nutritional yeast	

Blend all ingredients until smooth. Chill for at least 1 hour to blend flavors.

**Variations:**     2 tbsp olive oil or 2 tbsp sesame oil can be used in place of 1 tbsp each of olive and sesame oil.

**Tahini Immune Balancer:** Replace olive oil and sesame oil with 2 - 3 tbsp sesame tahini.

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**Notes:**