

Tofu-Spinach Dip - Vegan - SOS

Prep Time: 15 minutes
Total Time: 15 minutes

Yield: 2 cups
Serving Size: 6
Calories per serving: 41
Fat per serving: 2 grams

'The Health Promoting Cookbook', by Alan Goldhamer, D.C., p- 140.

Ingredients

- 2 cups spinach, well washed, stems removed, chopped
- 1 (10.5-ounce) package firm silken tofu, drained
- 1 1/2 tablespoons lemon juice
- 3 tablespoons chopped green onions
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cumin
- 2 tablespoons fresh savory
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Instructions

1. Steam the spinach 2-3 minutes.
2. In a food processor, puree all the ingredients until smooth. Chill for 2-4 hours.
3. Serve as dip with fresh vegetable or as a sandwich spread.

Notes

Nutrition facts (per serving-1/3 cup): Calories: 41, from fat: 13, total fat: 2g, cholesterol: 0mg, sodium: 33mg, total carbohydrate: 3g, fiber: 1g, sugar: 0g, protein: 4g.