

Tofu Spinach Dip

aka Tofu Spread

1 lb. firm, water packed tofu
1/4 c. lemon juice
1/2 t. basil
1 t. salt

1-1/2 T. onion powder

2 T. yeast flakes
2 T. olive oil

Place all ingredients in a food processor and process until a creamy spread. Stir in:

1 10 oz. package frozen spinach, thawed, drained and squeezed dry.

OR for variety add one of the following ingredients:

3 cloves roasted garlic
1/2 c. chopped olives
3 T. chopped chives
2 t. dill
2 T. dried onion + 1 T. Braggs

1/4 c. chopped dried tomatoes, rehydrated
2 oz. chopped pimiento
2 oz. chopped pimiento
2 T. fire roasted tomatoes, well drained and chopped

This is a very versatile recipe that makes a nice spread for crackers or a dip for a vegetable plate.