

Sandwich Filling

This filling will keep for several days in the fridge, covered with cling wrap, or in an airtight container. This suggestion makes enough to fill 3 - 4 sandwiches. The filling can be used in place of butter or margarine. Also consider using mashed avocado, banana, tomato, beetroot or soya mayonnaise, to add moisture. Toasted nuts and seeds can also be added for their crunch and EFA content.

Tofu Turmeric

200g silken tofu, drained
¼ cup soya mayonnaise
¼ tsp turmeric
¼ tsp sea salt
2 tsp Dijon mustard
2 tbsp fresh parsley, finely chopped
1 tsp lemon juice



Finely dice the tofu, and mix the other ingredients through gently.