

Dill-icious tofu spread (8 servings)

Ingredients:

¾ Cup mixed nuts and dried fruit (mostly nuts)
325 g Firm tofu
2 Cloves garlic, minced
1 Tbsp apple cider vinegar
1 Lemon, juiced
2 Tsp garlic powder
2 Tsp onion powder
1 Tsp salt
1/2 Tsp pepper
1/3 Cup fresh chives
1/3 Cup fresh dill
1 Tbsp dried basil



Options: this spread is ideal on whole wheat crackers or with fresh veggies. Use as a sandwich spread with cucumber slices and tomato or in a whole wheat wrap with cucumber, lettuce, tomato and shredded cheese.

Directions:

1. Place mixed nuts and dried fruit in pot of water and bring to a boil. Cover and remove from heat and place on warming element for at least 1 full hour.
2. Drain the mixed nuts/dried fruit and add to a food processor along with tofu, garlic, lemon juice, vinegar, dry spices and puree. You can also add above ingredients to a bowl and use an immersion blender to puree.
3. Fold in fresh herbs after desired consistency is reached.

Recipe was adapted from:

[Pick Up Limes: Herby Garlic Cream "Cheese"](#)

Carbohydrate count per ¼ cup: 7 g of carbohydrate, 1 g fiber so 6 g of available carbohydrate per ¼ cup