

PCC Tofu Spread with Capers

From PCC Natural Markets

<http://www.pccnaturalmarkets.com/pcc/recipes/tofu-spread-capers>

Ingredients

- ¾ pound extra firm tofu, crumbled
- ¾ cup reduced-fat Vegemise
- 2 tablespoons capers
- 2 tablespoons onion flakes
- 2 tablespoons dried chives
- 1 tablespoon Dijon mustard
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon dill weed

Directions:

Blend everything together in a food processor until well mixed.