

ARCHIVED RECIPES

DELICIOUS TOMATO AND TOFU DIP (SERVES 4)

Ingredients:

4 Gardenia Wholemeal Wrap
150 g silken tofu
1 fresh tomato, deseeded, roughly chopped
2 tbsp of raisins
1 clove roasted garlic
3 pieces of fresh basil leaves
1 tbsp of lemon juice
Salt and white pepper to taste

Garnish

1 tbsp raisins
½ fresh tomato, deseeded, roughly chopped

**Cooking Method:**

1. Cut each wrap into 12 quadrants and toast till crisp. Set aside.
2. In a blender, add the rest of the ingredients and blend till a paste is formed.
3. Remove from blender, sprinkle raisins and tomato onto dip and serve with toasted wrap immediately

Tip: For a sweeter taste, add more raisins or honey to the dip.