

## SESAME CRUSTED TOFU

### ❖ Ingredients

- 1 block of tofu
- 1 tablespoon of soya sauce (tamari sauce if gluten free)
- 1 tablespoon of black rice vinegar
- 2 teaspoons of sesame oil
- Garlic powder, chili powder (optional)
- Brown rice flour
- 2 tablespoons of ground flax seeds mixed with 5 tablespoons of water
- Sesame seeds (white, black)

### Method

1. Cut a tofu block into half
2. Mix soya sauce, rice vinegar, sesame oil and preferred spices and marinate tofu for approx. 30min
3. Prepare 3 plates (bowls): with brown rice flour, flax seeds egg and sesame seeds
4. Put the tofu to the flour bowl and toss to coat. Next, coat tofu at flax egg and then roll it in the sesame o coating. Place the crusted tofu on the prepared baking sheet and repeat with the remaining tofu
5. Fry on frying pan for about 3 minutes each side
6. Serve warm with plenty of veggies

## Hallongrotta – Thumbprint cookies

### ❖ Ingredients

- 135g almonds
- 45g creamy peanut butter
- 3-4 tablespoons of maple syrup
- Pinch of salt (unless you used salty peanut butter)
- 70g of raspberries (fresh or frozen)
- 2- 3 tablespoons Chia seeds

### ❖ Method

1. Mash raspberries with the back of a fork or in a food processor, add chia seeds and set it aside.
2. Prepare almond meal – blend almonds in a food processor until its a fine powder.
3. Add peanut butter to a bowl. The peanut butter should be runny when measured. I recommend using natural peanut butter, meaning the ingredients should just be peanuts and salt. Then add maple syrup and stir until well combined.
4. Add almond meal – little by little and mix everything together
5. Scoop out approx. 1 tablespoon out and form a ball and then make a hollow in the middle, with your thumb. If too dry/crumbly, add more peanut butter or maple syrup. If too sticky or wet, add a little more almond meal.
6. Put your cookies in a fridge.
7. Fill the hollow with raspberry jam (from step one).
8. Chill in the fridge before serving.