

Vegan Ricotta & Balsamic Tomato Toast

1 SERVING 5 MINUTES



INGREDIENTS

1 3/4 ozs Tofu (regular firm, drained)
1/4 tsp Miso Paste
1/2 tsp Nutritional Yeast
1/2 tsp Apple Cider Vinegar
1 tbsp Basil Leaves (chopped)
Sea Salt & Black Pepper (to taste)
1 slice Gluten-Free Bread (toasted)
1/4 cup Cherry Tomatoes (halved)
1 tsp Balsamic Vinegar

NUTRITION

AMOUNT PER SERVING

Calories	139	Carbs	16g
Fat	5g	Protein	8g

DIRECTIONS

- 01 In a mixing bowl, mash the tofu and miso paste together with a fork until crumbly and wet. Gently fold in the nutritional yeast, apple cider vinegar, and basil. Season with salt and black pepper to taste. Mix well.
- 02 Spread the vegan ricotta onto the toast and top with tomatoes and balsamic vinegar. Enjoy!