

Easy Vegan Tofu Ricotta Pastries



Ingredients

- 250g firm tofu
- 1 tbsp miso paste
- 3 tbsp nutritional yeast
- 2 tbsp lemon juice
- 1 tbsp salt
- 2 handfuls of spinach
- 1 brown onion, diced
- 1 garlic clove
- 1 cup rolled oats
- 1/2 cup breadcrumbs
- 1 carrot, grated
- 3 Sheets of puff pastry

Method

- Preheat oven 200c
- Place tofu, miso paste, nutritional yeast, lemon juice and salt in blender and blend until well combined
- Add spinach, onion and garlic and blend again
- And FINALLY add oats and breadcrumbs and blend
- Put mixture into mixing bowl, add grated carrot and mix together
- Place on one edge of puff pastry and roll. Slice to desired sizes and place on prepared oven tray.
- Place in oven for about 20-30mins until slightly browned.

