

Vegan Monday: Edamame And Wasabi Spread

Ingredients:

Difficulty: Easy
(serves 4)

3.5 dl (or 1 1/2 cups or 200 gr) frozen or fresh edamame beans, cooked and drained

3 tbsp white miso paste*

1.5 tbsp olive oil

1 tbsp tamari soy sauce

2 tsp wasabi paste

room temperature water to adjust the texture

* Make sure you get gluten free miso paste if you have this dietary choice / restriction.

Instructions:

1. Put all the ingredients in a food processor and process the mixture while adding just a little water gradually, until you get the texture you wish. Serve with chips, crackers or breadsticks. Enjoy with friends!