

✿ Deviled Tomatoes ✿

from Harmony at Nourishing Nirvana



Ingredients

- 12 Roma or plum tomatoes (try to get them all the same size and about the size of a large egg)
- 1½ cups (1 can) no-salt-added garbanzo beans (chickpeas), drained
- 1 TBS tahini
- 2 TBS raw cashew butter
- ¼ cup water
- 2 TBS nutritional yeast
- 1 TBS fresh lemon juice
- 2 tsp yellow mustard, low sodium
- 2 tsp curry powder
- ½ tsp Kala Namak salt (adds that special eggy flavor)
- ¼ tsp turmeric
- paprika and fresh parsley for topping

Method

1. Cut the tomatoes in half, lengthwise, scoop out and discard the seeds and pulpy flesh and discard or compost.
2. Place all remaining ingredients in food processor and puree until smooth.
3. Stuff the tomatoes with the bean mixture. You can pipe it using a piping tip for a lovely presentation! Check out our video with instructions on Youtube!
@cheekyvgeanchicks
4. Sprinkle with paprika and top with chopped parsley for garnish.

Makes 24 deviled tomatoes. Enjoy!