

Sweet potato and tomato spread

Sun-ripened tomatoes and versatile sweet potatoes combine to create a creamy spread, perfectly complemented by our crispy protein bread. A tasty snack for in between meals!

Zutaten
1 Portionen

150 g Sunflower seeds
250 ml Water
1 Sweet potato (approx. 300g)
1 Onion, red
15 g Ginger, fresh
1 Organic lemon
5 Dried tomatoes, in oil
2 EL Byodo tomato and paprika pulp
4 EL Byodo olive oil, extra virgin from IT
1 TL Byodo sea salt
Pepper
1 TL Paprika powder, smoked
1 Pck. Byodo protein crispbread

Zubereitung

Roast the sunflower seeds in a pan without fat until they start to smell, put them in a bowl and pour 250 ml boiling water over them. Leave to infuse for 20 minutes.

In the meantime, preheat the oven to 160 °C fan oven. Peel the sweet potato and cut into 1 cm wide slices. Peel and roughly chop the onion in the same way. Place both on a baking tray lined with baking paper and bake for 20 minutes until everything is soft.

Peel and finely chop the ginger. Squeeze the lemon. Put the soaked sunflower seeds and water into the blender. Add the baked vegetables. Add the ginger, drained tomatoes, tomato and paprika pulp, olive oil, salt, pepper, paprika powder and 2 tablespoons of lemon juice. Mix everything until a homogeneous mixture is formed. Season to taste with salt and pepper.



Spread the finished spread on the protein crispbread and top with sprouts and semi-dried tomatoes as desired. The spread keeps for 5 days in the fridge and can also be frozen very well.