

Vegan Mediterranean pretzel bites

Our vegan pretzel bites are the perfect snack for anyone who loves the taste of the south. With their Mediterranean flavors and ingredients, these little delicacies are an incomparable snack.

Zutaten
8 Portionen

4 Pretzel sticks, frozen
2 EL Sesame
2 EL Poppy seed
4 Tomatoes, medium size
Some leaves Baby spinach
200 g Basil tofu
4 EL Byodo salad cream
Byodo organic sea salt
Pepper
2 EL Byodo Crema with basil

Zubereitung

Leave the pretzel sticks to defrost for 10 minutes and cut in half crosswise. Dip half in a bowl of sesame seeds and place on the baking tray. Dip the other half in a bowl of poppy seeds. Bake the pretzel sticks according to the packet instructions and leave to cool.

Wash and thinly slice the tomatoes. Wash and dry the baby spinach. Cut the tofu into thin slices. Cut the mini pretzel sticks in half and spread the underside with salad cream. Top with tomato slices,

baby spinach and tofu. Season with a little salt and pepper. Garnish with the crema, place the lid of the pretzel stick on top and secure with a skewer if necessary.