



TOFU BEETROOTS SEEDS SALAD

Calories:91

Carb:10.3g

Fat:3.4g

Protein:5.8g

Servings:4

Prep time:10 mins

Cook time:0 mins

Category: Salad

INGREDIENTS

- 400g beetroots
- 100g firm tofu
- 4 tbsp cilantro
- 1 tbsp pumpkin seeds
- 1 tsp sesame seeds
- 1 tsp lemon juice
- Salt and pepper to taste

DIRECTIONS

- 1. Peel and cut the beetroots into bite-sizes. Slice the tofu into pieces.*
- 2. Put all ingredients in a bowl, season with salt and pepper, pour over the lemon juice.*