

Tomato - Basil - Spread

Ingredients serves 300 g

- 6 Medium sized tomatoes
 - Hand full fresh basil leaves
 - 90 g Sunflower seeds
 - 1 tsp Olive oil
 - Pinch of Salt, pepper
- Optional: add chili, garlic and or onions as well as other herbs and spices



Preparation

1. Chop tomatoes and basil
2. In a tall bowl add tomatoes, basil, sunflower seeds and use a stick blender for pureeing
3. Once a paste-like consistency is achieved, add salt, pepper and seasonings
4. Fill the spread in an airtight glass container and refrigerate
5. Use within a couple of days
6. Enjoy!

