



Dr. Laleh's Chipotle Lite Mayo

Ingredients

Amount

Organic Lite Firm Tofu (Mori Nu)	½ a container (12 oz)
Chipotle Lime Avocado Mayo	1 TBS
Fresh Squeezed Lemon Juice	1 Lemon
Low Sodium Worcestershire Sauce Lea & Perrins	1 TBS
Granulated Garlic	1 TBS
Chili Powder	1 TBS
Whole Fennel seeds	1 tsp
Ground Coriander seed (Powder)	½ TBS

Preparation:

- Add all ingredients into a Magic Bullet OR NutriBullet blender
- Blend well until a rich silky texture is achieved.
- Enjoy with tuna, chicken, turkey salad

Nutrition Facts

Servings 8.0

Amount Per Serving

calories 28

% Daily Value *

Total Fat 2 g 3 %

Saturated Fat 0 g 1 %

Monounsaturated Fat 0g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 2 mg 1 %

Sodium 58 mg 2 %

Potassium 23 mg 1 %

Total Carbohydrate 2 g 1 %

Dietary Fiber 0 g 2 %

Sugars 1 g

Protein 2 g 3 %

Vitamin A 2 %

Vitamin C 6 %

Calcium 1 %