
Whipped Feta
(with Roasted Garlic and Tomatoes)



Ingredients

Roasted Garlic and Tomatoes

12 – 20 Cherry or grape tomatoes
1 Bulb Garlic – Broken up and papers removed
1 sprig fresh rosemary or ½ tsp dried rosemary
1 sprig fresh thyme or ½ tsp dried thyme
Pinch or two of coarse salt

Whipped Feta

1 block firm or extra firm tofu (slightly pressed)
1/3 cup unsweetened plain plant-based yogurt
Juice of ½ lemon
1 tbsp yellow miso
1 tbsp white balsamic vinegar
1 tsp coarse salt

Directions

- Throw all of the garlic and tomato ingredients into an oven-safe container. Bake until everything is tender (about 20 minutes) or throw in an air fryer (my preference) and air fry at 400 for about 10 – 12 minutes
- While that is cooking, put all of the whipped feta ingredients into a blender or food processor and blend until smooth
- Smear the feta onto a serving dish and top with the roasted garlic and tomato mix.
- Optional, top with a little more thyme

Serve with crackers or bread.