

# Eggless Egg Salad – Easy

Play Time Yoga

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1 pkg Firm Tofu	we used Mori-Nu Organic Silken Tofu FIRM (12.3 oz (349g))
2- 3 Tbsp	vegan mayonnaise (We used Follow Your Heart High Omega-3 vegenaïse)
¼ tsp	honey (we used Madhava agave nectar)
½ - 1/3 tsp	sea salt (Kala Namak or black salt is often used in egg(less) egg recipes for its characteristic sulfurous hard-boiled egg aroma)
¼ tsp	tumeric
1/8 tsp	dry mustard (ground mustard seeds) or 1 Tbsp of Dijon liquid mustard
2 Tbsp	sweet pickle relish (shredded, optional). You can skip this ingredient without sacrificing the taste
2 Tbsp	minced scallions
2 Tbsp	minced celery (about 1 medium stalk)
2 Tbsp	minced radish (optional, about 3 medium radishes)
1/8 tsp	freshly ground black pepper

Drain tofu and pat dry with paper towels. Crumble or cube tofu into medium bowl. In another small bowl, mix vegenaïse, honey, salt, turmeric and mustard. Add tofu. Mix in remaining ingredients.

Refrigerate 30 minutes. Serve with toasted bread, chapatti or flat bread.

If you like, sprinkle the salad with toasted sunflower seeds, dried cranberries or Nutritional yeast flakes.

Serves 2 -3 hungry kids.