



## // Caramelized Natural Tofu with Orange Segments and Maple Syrup //



Serves 4:

### Note

Whether served hot or cold, this dessert is a real treat! In the cold season of the year, serve hot e.g. with cinnamon or vanilla ice cream. In summer, serve iced with whipped cream or dessert cream.

### Ingredients

400	g	Taifun Natural Tofu
2		oranges
50	ml	orange juice
2	tbsp	maple syrup
1	tsp	lemon juice
2	tbsp	cane sugar
10	g	vegetable margarine
2	tbsp	sunflower seeds

### Preparation

Toast sunflower seeds in a pan without fat until golden brown. Cut orange segments out of their connective membranes. Pat the Tofu to dry with paper towel and cut into small cubes. Heat the margarine in the pan, add the Tofu cubes and fry until golden brown all over. Add the sugar and caramelize slightly. Add the maple syrup, reduce a little, add orange juice and lemon juice. Then add the orange segments, stir carefully and arrange on a plate. Sprinkle with the toasted sunflower seeds.