



PUMPKIN SEED SPREAD



QimiQ BENEFITS

- Creamy indulgent taste with less fat
- Quick and easy preparation



15



easy

INGREDIENTS FOR 4 PORTIONS

125 g QimiQ Classic, unchilled

250 g Low fat quark [cream cheese]

80 g Pumpkin seeds, roasted

1 tbsp Pumpkin seed oil

1 Garlic clove(s)

Salt and pepper

Flat-leaf parsley

Thyme

METHOD

1. Blend the ingredients together until smooth using an immersion blender.