

Styrian Pumpkin Seed Oil Spread



Starter

Kind of recipe



15 Minutes

Preparation



easy

Severity



Ingredients for 6 people

1 pkg topfen or quark
2 - 3 cloves garlic
Styrian Pumpkin Seed Oil P.G.I.
salt, pepper

Preparation

Cream the topfen or quark, add the peeled and finely diced garlic, season with salt, pepper and add Styrian Pumpkin Seed Oil P.G.I. to taste. Mix well and cool. Enjoy as a spread with bread or instead of butter in any sandwich.

Tip: Decorate simply with herbs, seasonal vegetables or toasted Styrian pumpkin seeds.

**Recipe from Gemeinschaft Steirisches Kürbiskernöl
g.g.A. / Foto: Stefan Kristoferitsch**