

Post: 'Pumfu' Tofu Is Made Entirely Out of Pumpkin Seeds



Created by [Brittany Bunk](#) on 13-Apr-2021

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Content

"Foodies Vegan has created tofu out of pumpkin seeds. Called Pumfu, the vegan tofu is similar to extra firm tofu and is rich in protein and fiber." "Woman-owned, family-ran vegan business Foodies has launched its latest product, a soy-free tofu called Pumfu. Pumfu is made with organic pumpkin seeds which are rich in antioxidants, magnesium, and omega-3 and omega-6 fatty acids."

read more at: <https://www.livekindly.co/pumfu-tofu-is-made-entirely-out-of-pumpkin-seeds/>

find it near you here: <https://foodiesvegan.com/> under 'product locator'

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I really like this product and tried it several times last year. It has the texture of a firm tofu with kind of nutty taste with it which I really liked. I usually ate it without frying it, so am not sure how it holds up in that regard, but loved the taste. Worth a try!

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it seems pretty sturdy and the ads show it fried, so I bet it would hold

