



GENESIS
-HEALTH REVOLUTION-

← *Recipe Card* →

Crispy Walnut Roast

From Plant to Plate Cook book Diabetes Edition Tami Givens R.D.

INGREDIENTS:

- 1 (16 ounce) package soft tofu
- 3/4 cup walnuts, chopped
- 1 small onion, chopped
- 6 cups crispy (puffed) brown rice cereal or 3 cups cooked brown rice
- 4 teaspoons powdered vegan broth (preferably McKay's Beef-Style Seasoning with no MSG)
- 1/4 cup unsweetened soy milk (use only if mixture is too dry)

DIRECTIONS:

- Preheat oven to 350°F.
- Drain tofu and squeeze out moisture. Mash tofu with a fork in a large bowl and mix in remaining ingredients.
- Lightly spray 9x13 inch baking dish with oil and transfer mixture into dish. Tightly cover with foil and bake for 45 minutes.
- Uncover and bake for additional 15–20 minutes.



