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TOFU BALLS

INGREDIENTS:

- 1 Pound Extra-firm tofu
- 1 tsp salt
- 1 TBS onion powder
- 1/4 C yeast flakes
- 1 C quick oats

DIRECTIONS:

- Mash tofu and add rest of ingredients.
- Form into tight balls (size of choice).
- Freeze overnight.
- Bake 375 degrees for 20 min, turn, bake another 20 min.

OPTIONS:

Add a Cashew gravy last 5-10 min to heat through.

Also great on Meatball subs with a marinara sauce



