



**GENESIS**  
-HEALTH REVOLUTION-

# ← *Recipe Card* →

## Tofu Balls

### INGREDIENTS:

- 1# X-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.
- Add Cashew gravy last 5-10 min to heat through.



