



GENESIS
-HEALTH REVOLUTION-

← *Recipe Card* →

Tofu Fingers/ Slices/ Cubes

INGREDIENTS:

- 1 package of Super Firm Tofu (Can also use Extra Firm Tofu)
- Unsweetened Almond Milk
- Cornstarch
- Julie's Favorite Breading

DIRECTIONS:

- Preheat oven to 400
- Cover cookie sheet with parchment paper or pan spray the cookie sheet.
- Cut Tofu in desired size (fingers, cubes, or slice the whole block into thin slabs to fit onto a sandwich.)
- Dip in almond milk, then dredge in the cornstarch, Dip back in milk and dredge in the breading. - -
- Place onto cookie sheet and spray top of tofu with a little pan spray, or place in an Air Fryer.
- Bake for about :20 flipping and then bake another :20.

- Serve fingers with a large salad, cubes in different salads and recipes, and whole block sliced for sandwich slices. Works great in pasta, mixed with beans or by themselves.



