



**GENESIS**  
-HEALTH REVOLUTION-

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## RECIPE NAME:

Tofu Loaf with Glaze

## INGREDIENTS:

### LOAF:

- 1 # Extra Firm Tofu, mashed
- 1/2 C Wheatgerm \*
- 1/3 C Fresh Chopped Parsley \*\*
- 1/4 C Chopped Onion
- 2 TBS Nutritional Yeast Flakes
- 1/2 TBS Dijon Mustard
- 1/4 tsp Garlic Powder
- 2 TBS Braggs Liquid Aminos

For Gluten Free, Substitute Oat-bran or Flax-meal with same quantities \*

For dried Parsley, use 2 TBS \*\*

### GLAZE:

- 1/2 C Ketchup
- 1 TBS Coconut Sugar
- 1 tsp Dijon Mustard
- 1 tsp Apple Cider Vinegar

## DIRECTIONS:

- Mix all of the ingredients together in a large bowl.
- Press into an oiled loaf pan and top with glaze.
- Preheat Oven to 350 Degrees F.
- Bake 1 Hr.
- Allow to cool 10 minutes before removing from the pan.
- This is excellent browned in a skillet for a sandwich as leftovers.



