



Simple | Healthy | Delicious

Baked Tofu Nuggets

INGREDIENTS

2 packages extra firm tofu (about 10 to 12 ounces each)

½ cup olive oil

½ cup seasoned bread crumbs

½ cup Nature's Earthly Choice™ Ancient Grain Flour

¼ teaspoon garlic powder

¼ teaspoon onion powder

¼ teaspoon oregano

¼ teaspoon cumin

¼ teaspoon paprika

¼ teaspoon salt

¼ teaspoon black pepper

Butter or coconut oil for greasing



DIRECTIONS:

1. Pre-heat the oven to 400 degrees Fahrenheit. Drain the tofu, then slice each block 4 times length wise and 4 times width wise to create 32 cubes (or 16 from each). Pat dry.
2. In a small bowl, combine the bread crumbs, flour, and spices.
3. Dunk each cube into the olive oil then coat with the dry mixture. Make sure all 4 sides are covered.
4. On a greased baking sheet, arrange the nuggets in rows.
5. Bake for 20 minutes, flip, and bake for another 20 minutes. Serve warm with ketchup, hot sauce, or avocado mayonnaise.