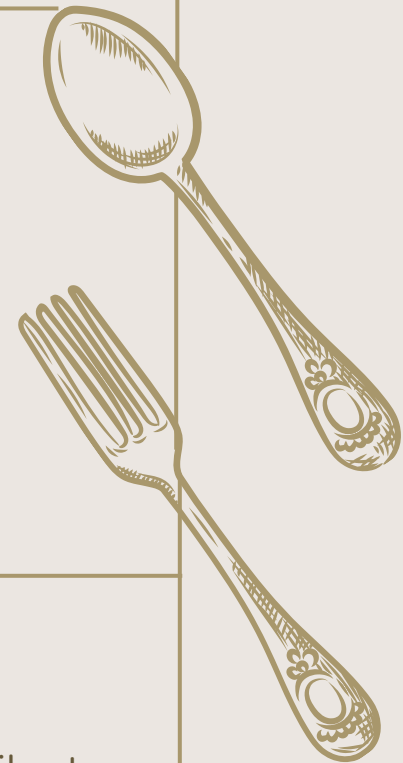




Baked Tofu

Ingredients:

- 1 block extra firm tofu
- 2 tbsp nutritional yeast
- 1 tsp Italian seasoning
- 1 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp paprika
- 1/4 tsp cayenne pepper
- 1/4 tsp salt and pepper



Instructions:

1. Drain block of tofu then cut it into 12 slices.
2. Mix seasonings together in a small bowl.
3. Preheat oven to 425 degrees and drizzle 1/2 tbsp avocado oil onto large glass baking pan.
4. Place tofu in baking dish and sprinkle half of the seasoning over the tofu. Drizzle 1/2 tbsp avocado oil onto seasoned tofu.
5. Bake 15 mins then flip and season again (repeat step 4 on the opposite side.) Bake 15 minutes on the second side.
6. Use baked tofu as a delicious source of protein in any meal! This dish is perfect for meal prepping!

