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Healthy Vegan Tofu Nuggets

By: Sarahs Vegan Guide



These healthy vegan tofu nuggets are not only oil-free and super crispy, they also have the perfect chewy texture. They are oil-free because we bake them in the oven instead of frying them. This also makes the whole process of preparing these much easier!

To make the tofu nuggets, you first let them soak in a wet mixture so they don't dry up during baking. The wet mixture is simply a vegan buttermilk which you can make by combining soy milk and lemon juice. Soy milk works best for this as it is richest in proteins. You can read more on that here.

The wet mixture is also what makes the dry mixture stick to the tofu. For the dry mixture, you can use any variation of bread crumbs, nutritional yeast, almond meal, shredded

Healthy Vegan Tofu Nuggets Serves 2

INGREDIENTS:

- 1 block firm tofu (~200 g)
- 100 ml soy milk
- juice of 1/2 lemon
- 50 g breadcrumbs
- 2-3 tbsp nutritional yeast
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- salt
- pepper



INSTRUCTIONS:

1. Preheat your oven to 230°C/450°F. Combine the soy milk and lemon juice for the wet mixture, stir and let sit for a couple of minutes.
2. Cut or break the tofu nuggets into little cubes roughly the same size. Add them to the wet mixture and let them soak for a couple of minutes.
3. In the meantime, add the dry ingredients to a bowl and mix. Line a baking tray with baking paper.
4. Remove one tofu cube from the wet mixture and transfer to the dry mixture. Coat evenly, then transfer to the baking tray. Repeat with the remaining tofu.
5. Bake the tofu nuggets for 20 minutes, flipping them halfway through.





ABOUT THE AUTHOR

Sarah's Vegan Guide: Sarah is the cook and author of the blog sarahsveganguide.com where you can find healthy and nutritious recipes, vegan city guides, how tos, tutorials and other tips and tricks about veganism. She started the blog to share her experience and insights she gained during her transition to a fully plant-based diet with others.

