

Cashew Nut Loaf*

Prep. Time: 20 minutes

1¼ c. raw cashew pieces, ground
2 c. ground gluten (Yves ground
burger or your choice)
1 c. onions, finely chopped
⅓ c. celery, finely chopped
1 c. whole-wheat bread crumbs
¾ c. soy milk
2 T. cornstarch
1 T. Bragg's All Purpose Seasoning
2 T. chicken-like seasoning
1 T. parsley flakes
1 t. sage

COMBINE all ingredients and mix well.

OIL-SPRAY 1 large or 2 small loaf pans.

POUR mixture evenly into pans.

BAKE at 350° for 45-60 minutes or until brown on top.

REMOVE from oven and let sit 10 minutes before serving.

Loaf is more solid if prepared the day before serving. Reheat loaf and tip out onto a platter. Slice into ½-inch slices.

*This recipe was taken from The Optimal Diet Cookbook
by Darlene Blaney & Hans Diehl