

Crispy Baked Flax Tofu Nuggets

Ingredients:

- 1 block (14 oz) firm tofu, pressed and cut into cubes
- 2 tbsp ground flaxseed
- 1/2 cup unsweetened almond milk
- 1/2 tsp garlic powder
- 1/2 tsp smoked paprika
- 1/4 tsp black pepper
- 1/2 tsp sea salt
- 1/2 cup almond flour or oat flour
- 1 tbsp olive oil (optional, for extra crisp)

Instructions:

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. In a bowl, mix almond milk with ground flaxseed. Let it sit for 5 minutes to thicken.
3. In a separate bowl, mix flour, garlic powder, paprika, salt, and pepper.
4. Dip each tofu cube in the flax-almond mixture, then coat with the dry mix.

5. Place on baking sheet. Spray or brush with olive oil if desired.
6. Bake for 25–30 minutes, flipping halfway through, until golden and crispy.
7. Serve with your favorite dipping sauce.

Benefits:

- High in plant-based protein
- Flaxseed supports heart health and hormone balance
- Baked, not fried – healthy and light
- Great for kids and adults as a snack or main