TOFU PIZZA WAFFLE



INGREDIENTS:

- 1/2 block organic extra firm tofu
- Cooking spray
- 1/4 cup pizza sauce
- 1/4 cup of your favorite pizza cheeses
- 1/4 cup pizza toppings of choice (pepperoni, bell peppers, mushrooms, onions, etc.)
- 1 tsp olive oil
- 1/4 tsp crushed red pepper flakes
- 1 T fresh basil, shredded

NUTRITION PER SERVING:

- Calories: 152kcal
- Carbohydrates: 7g
- Protein: 12g
- Fat: 9g
- Saturated Fat: 4g
- Cholesterol: 15mg
- Sodium: 325mg
- Fiber: 2g
- Sugar: 2g

DIRECTIONS:

- Slice block of tofu in half lengthwise. Slice each half into 4 long strips, about 1/2 inch thick. These tofu slices will go into the waffle maker.
- Place tofu on hot waffle maker, press down, and cook for 5 to 7 minutes until waffles start to brown.
- Place waffle on a baking sheet. Spray each side of the waffle with cooking spray and place the baking sheet under the oven broiler. Broil the waffle for 5 minutes on each side until waffle becomes crispy.
- Remove waffle from oven. Top with pizza sauce, then cheese, then toppings of choice. Place pizza waffle back under the broiler and broil for 6 to 8 minutes or until the plant-based cheese and toppings starts to brown.
- Remove pizza from oven, and drizzle with olive oil, sprinkle with red chili flakes, and top with fresh shredded basil.

Makes 2 servings.

Reference: https://theherbeevore.com