

The Hungry Dragonfly

Crispy Baked Everything Bagel Tofu

Ingredients:

- 1/14oz pre-pressed Extra Firm Organic Tofu
- 2-3 Tbsp of Coconut Amino
- 1 tsp garlic powder
- 1 tsp adobo (optional)
- Sal to taste (optional)
- 1 ½ tsp egg replacer + 2 tbsp of water (use 1 egg white if not vegan)
- 1 jar of Everything but the Bagel Seasoning

Instructions:

1. Preheat oven to 350 degrees. Line up a tray with parchment paper.
2. Slice Tofu and cut in triangles, set aside.
3. Mix coconut amino and the seasoning inside a medium bowl.
4. Marinate tofu for about 10 minutes flipping in between.
5. Dip tofu in the egg replacer batter and transfer to breading bowl to cover with everything bagel seasoning. Place tofu on the prepared baking tray and bake for about 8 to 10 minutes. Flip tofu between baking. Serve with your favorite sauce or inside a salad bowl.