



GENESIS
-HEALTH REVOLUTION-

← *Recipe Card* →

APRIL'S SIMPLE VEGAN LASAGNA

INGREDIENTS:

For the Cheese Sauce:

- 1/2 C raw cashews, rinsed
- 1/2 C raw shelled sunflower seeds, rinsed
- 1/4 C FRESH lemon juice
- 1/3 C canned pimentos*
- 1/3 C nutritional yeast flakes
- 1 tsp salt
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 C water

*Use liquid from pimentos (as well as if you use canned mushrooms) to make up the 1 C water. Fill the rest

up with water to make 1 C. Blend all cheese sauce ingredients together and set aside.

The rest of the ingredients for the Lasagna:

- 1-2 jars of spaghetti sauce (up to 2 jars if you use Bake Ready noodles, maybe 3 if cans/ jars small)
- 9-12 Cooked or Bake Ready lasagna noodles/ Gluten free noodles that are Bake ready work well too
- Favorite veggies (onions, mushrooms, spinach, red pepper, carrots, etc).
- 14-16 oz extra firm tofu uncooked, crumbled
- 1 package of plant based mozzarella cheese (opt)

DIRECTIONS:

- In a 9x13 baking dish: begin with 1/4 C spaghetti sauce on the bottom of the dish, then layer: noodles — spaghetti sauce — veggies — cashew cheese — crumbled tofu — REPEAT until all ingredients are used.
- Top layer are noodles and cashew cheese or plant based mozzarella cheese.
- Cover with a layer of parchment paper then foil. (the acid from the tomatoes reacts with foil and the foil breaks down into your food).
- Bake at 350 for 50-60 minutes, or until bubbly.
- Remove from oven, remove foil and parchment and allow to rest 5-10 minutes before cutting.



