



GENESIS
-HEALTH REVOLUTION-

← *Recipe Card* →

BREADED SOYCURLS

INGREDIENTS:

- 4 C boiling water
- 4-8 tsp vegan chickee seasoning (amount depends on strength of seasoning)
- 1-8oz pkg of Butler Soy Curls
- 1 C vegan mayonnaise
- 2 C panko (regular or gluten free)
- 2 TBS nutritional yeast flakes
- 1 TBS avocado oil
- Pan spray

DIRECTIONS:

- Mix water and seasoning together to make a broth. Add Soy Curls to hydrate.
- Preheat oven to 375°. Line a cookie sheet with parchment paper and set aside.
- Drain Soy Curls, pressing slightly to remove more liquid and put in a bowl.
- Add rest of ingredients one at a time EXCEPT AVOCADO OIL .
- Spread onto the cookie sheet and then drizzle avocado oil on top.
- Bake for :15, flip and bake another :15 min.
- Serve with White Country Gravy.



