



Veggie Loaf

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Serves about 7 loaves

Protein: 1.2g protein

Calories: 62

Prep time: 15 minutes | Total Time: 1 hour

Ingredients

20 oz can jackfruit in brine, rinsed well & squeezed dry

114g button mushrooms

40g diced onion

1 clove garlic, minced

40g finely shredded carrots

1/4 cup Cambrooke Burger Mix

1 Tbsp. Coconut Aminos

1 Tbsp. Ketchup

1/4 cup nondairy creamer (I recipe calculated with Coffee-mate, Original)

salt and pepper to taste

Directions

Preheat oven to 350 degrees. Spray a mini loaf pan with cooking spray.

Put the jackfruit and mushrooms in a food processor and pulse until crumbly. Move mixture to a medium bowl.

Add the rest of the ingredients to the jackfruit mixture. Use a spatula to combine.

Using a cookie scoop, put two scoops of the loaf mixture into each mini loaf cavity and spread evenly to fill each cavity.

Bake at 350 for 30 minutes. Allow to sit in pan for 5 minutes before serving.