

Holiday Loaf

Makes 8 servings



INGREDIENTS:

- ◆2 cups Whole wheat bread cubes
- ◆2 cups Cooked brown rice
- ◆1/2 cup Chopped walnuts
- ◆1 chopped Green pepper
- ◆2 stalks Diced celery

- ◆1/4 cup Gluten flour
- ◆1/4 cup Rinsed, raw cashews
- ◆1 cup water
- ◆2 tbsp Bragg All Purpose seasoning
- ◆1/2 Tsp. salt
- ◆1 Tbsp. Parsley flakes
- ◆1 tbsp Sage or savory

DIRECTIONS

COMBINE bread cubes, rice, walnuts, celery, pepper and onion in a large bowl. BLEND cashews and water until smooth. ADD to dry ingredients. ADD seasoning and MIX well. PRESS into an oiled loaf pan or casserole. BAKE covered 45 minutes at 350 degrees. BAKE uncovered for an additional 15—20 minutes. (Adapted from “The Total Vegetarian Cookbook” by Barbara Watson