

Buffalo Tofu Bites



TOTAL TIME

30 mins



COURSE

Dinner, Lunch, Snacks



SERVINGS

4 servings

CALORIES

198 kcal

INGREDIENTS

- 1 lb extra firm tofu drained & pressed
- 1 c Frank's red hot sauce
- 1½ c whole wheat panko
- ¼ c flax seeds
- 1-2 Tbsp garlic powder to taste
- 1 Tbsp cayenne powder to taste
- salt to taste

INSTRUCTIONS

1. Cut the pressed tofu block into bite sized cubes, place in a bowl, and cover with the hot sauce.
2. Let marinate in the fridge at least 1 hour, or overnight.
3. For the breading: In a blender or food processor, mix together the panko, and flax seeds.
4. Season to taste with the garlic powder, salt and cayenne pepper.
5. Remove tofu cubes from the hot sauce and place in the breading mixture, coating all sides evenly.

6. Place the breaded cubes on a sprayed sheet pan and cook in a preheated 375-degree oven for 18-20 minutes, or until crispy. Serve hot with some cucumbers, carrots, and celery sticks.

NUTRITION

Nutrition Facts	
Buffalo Tofu Bites	
Amount Per Serving	
Calories 198	Calories from Fat 57
% Daily Value*	
Fat 6.3g	10%
Carbohydrates 21g	7%
Protein 13g	26%
* Percent Daily Values are based on a 2000 calorie diet.	



Tried this recipe?
Let us know how it was!