



ULTIMATE VEGAN SANDO

SERVES: 2 (½ sandwich each) Prep Time: 10 min. Cooking Time: 3 min.

CONTAINER EQUIVALENTS (per serving): ½ ½ 1 ½ ½

VEGAN CONTAINER EQUIVALENTS (per serving): ½ ½ 1 ½ ½

- 4 oz.** sliced firm tofu, drained and patted dry
- ½ tsp.** olive oil
- 1 dash** sea salt (or Himalayan salt)
- 1 dash** ground black pepper
- 2 Tbsp.** **FIXATE Vegan French Onion Spread**, (see separate recipe for **FIXATE Vegan French Onion Spread**)
- 2 slices** **FIXATE Gluten-Free Fresh Bread** (see separate recipe for **FIXATE Gluten-Free Fresh Bread**) or sprouted-grain bread (like Ezekiel®)
- 4 slices** cooked vegan bacon
- ¼** medium avocado, sliced
- 2 thin slices** red onion
- 6 slices** cucumber
- 2 slices** medium tomato
- 1 leaf** lettuce (like butter or Bibb)
- ¼ cup** alfalfa sprouts

- 1.** Brush tofu with oil and sprinkle all over with salt and pepper.
- 2.** Heat a medium nonstick skillet over medium-high heat; add tofu and cook 2 to 3 minutes per side. Remove from heat and set aside.
- 3.** Spread 1 Tbsp. onion spread evenly on each slice of bread. On one slice of bread layer tofu, bacon, avocado, onion, cucumber, tomato, lettuce, and sprouts. Top with remaining slice of bread.
- 4.** Wrap sandwich tightly in plastic wrap and slice in half. Serve immediately, or rewrap sandwich halves tightly and store in an airtight container in refrigerator for up to 3 days.

NUTRITIONAL INFORMATION (per serving): Calories: 254 Total Fat: 10 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 330 mg Carbohydrates: 28 g Fiber: 5 g Sugars: 3 g Protein: 16 g

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Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

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VEGAN FRENCH ONION SPREAD

SERVES: 9 (approx. 2 Tbsp. each) Prep Time: 5 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): ½

VEGAN CONTAINER EQUIVALENTS (per serving): ½

4 oz.	organic firm tofu, drained, patted dry	1.	Place tofu, milk, vinegar, tamari, green onion, onion powder, garlic powder, nutritional yeast, salt, and pepper in blender; cover. Blend until smooth, scraping down sides as needed.
2 Tbsp.	unsweetened almond milk	2.	Serve immediately, or store in the refrigerator in an airtight container for up to 4 days.
1 Tbsp. + 1½ tsp.	apple cider vinegar		
½ tsp.	reduced-sodium tamari soy sauce		
¼ cup	sliced green onion		
1 Tbsp.	onion powder		
2 tsp.	garlic powder		
1 tsp.	nutritional yeast		
¾ tsp.	sea salt (or Himalayan salt)		
¼ tsp.	ground black pepper		

NUTRITIONAL INFORMATION (per serving): Calories: 18 Total Fat: 1 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 20 mg Carbohydrates: 2 g Fiber: 0 g Sugars: 0 g Protein: 1 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

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