



Holiday Nut Loaf

This classic hearty loaf is loaded with flavor and great textures. I love this loaf because the nuts really make it a special, perfect for the holidays. To make this quick and easy, I chose an already prepared BBQ sauce for the glaze. We love “Bone Sucking Sauce” which makes it a staple in our pantry!

INGREDIENTS

- 1 cups walnuts
- 1 cup raw almonds
- 1 cup oats
- One 15-oz can garbanzo beans (*drain the liquid [called aquafaba], reserving 3 tablespoons in a small bowl, and set aside. You will use this as an egg replacer*)
- 1 onion, diced
- 2 celery stalks, finely diced
- 4-5 garlic cloves, minced
- 2 tablespoons vegan Worcestershire sauce
- ½ teaspoon liquid smoke
- One 6 ounce can tomato paste

- 2 teaspoons Italian Seasoning
- 1 teaspoon poultry seasoning
- ¼ cup nutritional yeast flakes
- ½ teaspoon sea salt
- ½ teaspoon black pepper

GLAZE:

- 1½ cup Bone Sucking BBQ Sauce (*or your favorite oil free BBQ Sauce*)

TIP

You can make this loaf smaller and use the leftover mixture to make veggie patties or veggie balls

continued...

ENTREES

30
MIN

PREP

55
MIN

COOK

6

SERVES


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Holiday Nut Loaf *continued...*

DIRECTIONS

1. Preheat the oven to 375°F and line a 9-inch loaf pan with parchment paper.
 2. Place the walnuts, almonds, and oats into a food processor and blend until coarsely ground. Add the drained garbanzo beans and continue pulsing until they are coarsely ground but not mushy. Remove and place into a large mixing bowl.
 3. To the mixing bowl with the nut mixture add the 3 tablespoons of bean juice (aquafaba), onion, celery, garlic, Worcestershire sauce, liquid smoke, tomato paste, Italian seasoning, poultry seasoning, nutritional yeast flakes, salt and pepper. Stir well making sure to incorporate everything.
 4. Evenly spread the loaf mixture into a 9-inch loaf pan and evenly spread half of the Bone Sucking Sauce over the top. Cover and bake for 30 minutes. Uncover and pour the remaining Bone Sucking Sauce over the loaf and continue baking for 20-25 minutes. Remove from the oven and allow the loaf to cool for 15 minutes before slicing. Serve with mashed potatoes and mushroom gravy.
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ENTREES

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