

Cashew Loaf for the crockpot

A quick and easy dinner loaf for the working person.

Mix in a bowl:

- 3/4 cup raw cashews, chopped
- 1 1/2 cups soy or nut milk
- 1/4 cup dried onion, or 1 onion, diced
- 1 cup fresh whole-wheat bread crumbs
- 2 Tbsp. Bragg's Liquid Aminos (or soy sauce.)
- 1/2 tsp. salt
- 1/2 tsp. dried garlic granules, or 1 clove fresh garlic
- 2 Tbsp. dried parsley
- 1/2 tsp. celery salt
- 1 1/4 cups quick oats
- 1 cup water

Spray the Crock-Pot with cooking spray and put the loaf mixture into it. Cook on low heat all day.

Servings: 8, Calories: 200

“Many things I have tried to grasp, and have lost. That which I have placed in God's hands I still have.”

— Martin Luther