

Nutmeat Loaf

Forget packaged imitation “meatloaf”! This “nutmeat” loaf is bursting with whole food goodness, and is savoury and satisfying.



Ingredients:

- 1 Tbsp. organic coconut oil + more for loaf pan
- ¼ tsp. sea salt, to taste
- Pinch black pepper
- ¼ tsp. dry oregano
- 1 shallot, finely chopped
- 4 mini-bella mushrooms (stems removed), chopped
- 1 small carrot, grated (¼ cup)
- 2 cups cooked organic chickpeas or cannellini beans
- ¼ cup sunflower seeds
- 2 Tbsp. organic coconut aminos
- 1 sprig fresh rosemary leaves, chopped
- ½ cup organic oat flour or quick-cook/rolled oats

Directions:

Preheat oven to 375°F. Grease a loaf pan, and melt the rest of the coconut oil with the next 3 ingredients in a large pan over medium-high heat.

Add in the shallots and mushrooms and sauté a minute or two until slightly softened. Add in everything else except the oat flour. Continue to sauté until heated through.

Transfer mixture to large mixing bowl and mash with a potato masher or fork. Mix in oat flour. Spread the mixture evenly in the loaf pan.

Bake about 15-20 minutes, until edges are slightly crispy. Turn out on a plate or remove wedges from pan to serve.

Makes 1 loaf, or 3 to 4 servings.

Prep time: 40 minutes (includes baking)

This is a preview recipe from Sara's [Love Plants for Life: Plant-Based Holiday Solutions](#) allergy-friendly recipe e-book, with 12 great recipes to help you please all your holiday guests. Available until January 5 for \$10, with \$5 from every sale going to the Ottawa Food Bank! Your purchase helps the OFB buy \$25 worth of food! Get yours now!

Sara Galipeau
saragalipeau.ca