

Glazed Maple Tamari Tempeh Sandwich

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

Marinade

- 2 tbsp tamari
- 3-4 tbsp maple syrup
- 2 tbsp extra-virgin olive oil

Sandwich

- 1 package (250g) tempeh
- 4 slices of Silver Hills Sprouted Power Bread
- 2 romaine lettuce leaves
- Half an avocado
- 2 slices tomato

Instructions:

1. Preheat oven 350F (180C).
2. In a medium bowl, combine tamari, maple syrup and extra-virgin olive oil. Place tempeh strips into marinade and make sure they are nicely coated with the marinade. Let marinate for 15-20 minutes.
3. Place on a baking sheet and bake for 10 minutes. Remove from oven and flip tempeh and bake for another 10 minutes, for a total of 20 minutes. The tempeh should be crispy but not burned.
4. To assemble sammie, place a few strips on toasted bread with tomato, sliced avocado and lettuce.

Notes:

Makes 2 sandwiches.