

Baked Maple Tamari Tempeh

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 2 tbsp tamari
- 3-4 tbsp maple syrup
- 2 tbsp extra-virgin olive oil
- 1 package (250g) tempeh, cut into strips

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. Enjoy with a salad, veggie stir-fry or on a sandwich!

Notes:

Makes 20-24 slices