

Walnut Crumbles

Quick and easy meat substitute



Ingredients

- 1- 15oz can chickpeas, rinsed & drained
- 3/4 cup raw walnuts
- 1 TBSP water
- 2-3 TBSP Nutritional Yeast
- 3 TBSP your favorite seasoning (Taco)

Directions

Preheat oven 350 F

Place all ingredients in a food processor until you see small/medium crumbs

Spread mixture on a baking sheet with parchment paper (easy clean). Bake crumbs for 10 minutes, stir and bake an additional 10 minutes. Allow the crumbs to cool on a cooling rack. Crumbles should look similar to the photo.

*If crumbs are still slightly moist after the second ten minutes after stirring, bake for an additional 3-5 minutes.

