

## Magnesium Cashew Loaf!

### All Organic Ingredients

- 2 cups finely chopped raw cashews
- 1 onion, finely grated
- 1 garlic clove, crushed
- 1 carrot, grated
- 1 cup parsley, chopped
- 1 teaspoon sweet basil
- 2 tablespoons g/f flour
- 1 cup mashed fermented tofu OR 1 cup of cream of mushroom

### soup

- 1 free-range egg
- 1 tablespoon coconut aminos
- Tomato Sauce
- pasta sauce
- tomato paste
- basil
- orange juice

### Directions

1. Combine first seven ingredients.
2. Process tofu (or cream of mushroom), egg and aminos and combine these with cashew and vegetable mixture.
3. Lightly oil with grapeseed oil or line log tin with glad bake. Firmly press mixture into tin and bake at 375° C for 30 to 35 minutes.
4. Serve hot or cold with tomato sauce and salad.
5. Tomato Sauce: pasta sauce, tomato paste, basil and orange juice.