

## Cashew Loaf

Finely chopped-

1 ½ cups raw cashews

½ cup onions

½ cup celery

Combine with-

¾ cups milk (use unflavored almond milk, soy milk, or rice milk)

1 (11 oz.) can vegeburger

2/3 cup bread crumbs

2 eggs (can use egg substitute equal to two eggs)

2 T. canola oil

1 T. Paprika

1 T. Parsley

1 tsp. Sage

1 tsp. salt