

Special K Loaf

1 large finely chopped large onion
1 cup chopped pecans
8 cups Special K cereal
2- 12 oz. packages of Tofu
6 egg replacer eggs
1 ½ tsp, cumin powder
1 ½ tsp. salt
2 tsp. granulated garlic
1/3 cup canola oil
1 cup rice milk

Place onions and nuts in pan and sauté, add a little water.

Mash tofu in a bowl. Add to onions and nuts to the tofu.

Then add the remaining ingredients. Stir well so all of the cereal is moist.

Lightly spread in greased 9X13 baking dish.

Cover with foil and bake 350 degrees for 30 minutes.

Remove foil and bake another 30 minutes.

This can be baked the day before. This is the best K-loaf recipe I have ever tasted.