



Recipe Details

Recipe Name - Eggplant Bacon

Recipe Steps -

Ingredients

- 2 eggplants
- 3 Tbsp low sodium tamari
- 2 Tbsp nutritional yeast
- 1 Tbsp date syrup
- 1 1/2 tsp white miso
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp paprika
- 1/2 tsp spicy brown mustard

Instructions

1. Cut eggplant long ways with a cheese slicer or mandolin (thickness of bacon)
2. mix all remaining ingredients in a bowl, and incorporate well
3. Lay cut eggplant on a parchment-lined cookie sheet
4. Brush each piece with the mixture, flip, and repeat
5. Bake at 350 degrees in a convection oven or 375 degrees if you use a non-convection oven
6. Bake for 7 minutes, flip, and bake 5 minutes longer (watch them closely as the ovens vary). Allow to cool for 5 minutes; they become crisper as they cool
7. Serve on lettuce wraps or bread of your choice as a BLT, or use the bacon any way you like
8. Enjoy!

