



MAPLE GLAZED TEMPEH

Yield: 2-4servings

Ingredients

- ❖ 1 8 oz. package of tempeh
- ❖ 2 tablespoons tamari
- ❖ 3 tablespoons maple syrup
- ❖ 1 teaspoon garlic, minced
- ❖ 1 tablespoon Coconut Oil for frying

Procedure:

1. Cut the tempeh diagonally into 4 triangles.
2. Then slice each triangle in half horizontally to create a total of 8 thin pieces.
3. For the marinade, in a small bowl, combine the tamari, maple syrup and garlic.
4. Marinate tempeh for 30 minutes.
5. In a medium skillet, heat oil and cook tempeh slices until well browned on both sides.
6. Remove from skillet and serve.

