

Better Than Bologne

¾ c raw cashews
2 c water
¼ c nutritional yeast flakes
1 tsp sea salt
1 tsp onion powder
½ tsp garlic powder
1 T Beef-like Seasonings
2 tsp paprika
3 T tomato sauce
¼ tsp celery seeds
1 T turbinado sugar
2 c vital gluten flour
2 T whole wheat flour

Preheat oven to 325 degrees. Blend all ingredients in a blender except gluten flour & whole wheat flour until smooth. Mix gluten flour & whole wheat flour in a large bowl. Pour cashew mixture into gluten flour mixture. Mix thoroughly. This is a soft mixture. Shape into 8 inch log. Wrap the gluten tightly in a piece of parchment paper before you wrap it in the foil. Bake for 1 ½ hours. When done, unwrap, transfer it to a cooking rack, and let it cool completely. When cool, slice into thin round. It freezes well. Very delicious! **Note:** If you have a smoker, follow the above instruction except bake for 1 hour at 325 degrees. Unwrap, and put it in a smoker and smoke-bake for 30 minutes.