

Tempeh Bacon

4 SERVINGS 30 MINUTES



INGREDIENTS

4 ozs Tempeh (half a package)
2 tbsps Low Sodium Soy Sauce
1 tbsp Maple Syrup
1/2 tsp Liquid Smoke (optional)
1/2 tsp Garlic Powder
Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	76	Fiber	0g
Fat	3g	Sugar	3g
Saturated	1g	Protein	6g
Trans	0g	Cholesterol	0mg
Carbs	7g	Sodium	220mg

DIRECTIONS

- 01 On a cutting board, cut tempeh 1/4-inch (6 mm) thick slices. The thinner you cut it, the crisper your bacon will be.
- 02 Combine soy sauce, maple syrup, liquid smoke, garlic powder, and black pepper in a small bowl to make the marinade.
- 03 Place the marinade in a shallow baking dish. Put tempeh strips into dish to marinate. Let sit for 10 minutes. Flip tempeh strips and marinate again for 10 minutes.
- 04 Place tempeh strips into air fryer basket. Leave space in between pieces. Cook at 320F for 8 minutes. Flip over tempeh strips after 4 minutes.

NOTES

MARINATING

Don't skip this step. It's what gives the delicious flavor.

CLEAN UP

Place a piece of parchment paper in the bottom of your air fryer for quick clean up.

NO AIR FRYER

Bake at 375F in your oven. It may take a little longer depending on your oven.

LOWER SODIUM

Substitute coco aminos for the soy sauce.

MAKE THE SANDWICH IN THE PIC

This is a TLT (tempeh bacon, lettuce, and tomato) sandwich made on delicious whole grain bread. Yummmmm. Who said you can't have delicious plant based food?