



AIR FRYER TOFU

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Prep time: 10 min | Cook time: 25 min | Yield: 2-3 servings

DESCRIPTION

Looking for a delicious and healthy way to make fried tofu? This tofu recipe is oil-free, made with only 4 ingredients, and vegan! Packed with flavor and crunch, this tofu serves as the perfect topping to any grain bowl or appetizer (just serve it plain with a side of ketchup)!

INGREDIENTS

- 1 block extra firm tofu
 - 2 tbsp nutritional yeast
 - 2 tbsp almond flour
 - 1 tbsp soy sauce
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INSTRUCTIONS

1. Preheat air fryer to 350°F
2. Pour out any excess liquid after opening tofu package and lightly rinse tofu
3. Press as much liquid as you can out of the tofu (I like to wrap my tofu in a towel and gently press down)
4. Cut the tofu into 32 cubes
5. In a large bowl, add in tofu cubes, soy sauce, nutritional yeast, and almond flour
6. Gently fold together the ingredients and place the tofu into the air fryer basket (evenly spread out)
7. Air fry for 25 minutes



DID YOU MAKE THIS RECIPE?

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