

Vegan BLT

With lightlife tempeh bacon strips BLTs are so simple and delicious.

Categories

Gluten-free

Yields: 1 serving

Preparation time: 5 mins

Cooking time: 5 mins

Category: Entrees

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Little Northern Bakehouse, Seeds and Grain Loaf	2 slices
Lightlife Organic Smoky Bacon Tempeh Strips	0.5 serving size or 4 pieces
Tomato raw (includes cherry, grape, roma)	1 thin slice - 1/8" thick
Lettuce, iceberg	0.5 large leaf
Vegenaise	0.5 x 1 tbsp

Instructions

1. Remove 2 strips of lightlife tempeh smoky bacon strips and heat in pan with a small amount of oil for about 2-3 minutes per side. These brown very quickly so use medium heat and keep an eye on them.
2. Cut tomatoes and lettuce. Toast bread.
3. Assemble sandwich with 1 tsp of vegenaise (optional) on 1 slice, add tomato, lettuce and tempeh.

Enjoy.