

Vegan Gluten Free Grilled Cheese

Earth island vegan cheese is great for grilled cheese. It melts and tastes closest to cheddar. But any vegan cheese of choice will do.

Categories

Gluten-free

Yields: 1 serving

Preparation time: 2 mins

Cooking time: 6 mins

Category: Snacks and breads

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked

Ingredients

Little Northern Bakehouse, Sprouted Honey Oat, Gluten Free	2 slices
Earth Island, Smoked Gouda	1 slice
Onion, white, yellow or red, raw	3 thin slices
Earth Balance, Traditional Spread, Soy Free	2 teaspoons

Instructions

If gluten free bread is frozen place in toaster until thawed, but not brown.

Cut about 3 thin slices of onion. Place one slice of vegan cheese and thin slices of onion between two slices of bread.

Heat a cast iron skillet. Butter (vegan butter) outside of bread and place sandwich buttered side down on hot skillet on medium heat. Flip over after a few minutes and once underside has browned. Make sure both sides of bread are buttered. Press bread down with a spatula or flipper. This will help melt the cheese. Remove from heat once both sides are browned, and cheese is melted.