

Special Steaks (Gluten and Lactin Free)

Joy Barnes

November 16, 2023

2½ cups Millet Flour
2 cups Almond Flour
1 tsp Salt
⅓ cup Nutritional Yeast Flakes
¾ cup Pecan Meal
1½ TBS Onion Powder
½ TBS Garlic Powder
3½ TBS Gomasio

1 tsp Italian Seasoning
1 tsp Basil¹

1½ cups Water
3 TBS Olive Oil

Mix 1 cup of water and 1 tablespoon of olive oil. Then work in the dry ingredients using up to ½ cup more water until it holds together and you can make it into a long log. Wrap tightly in parchment paper and then cover in foil.

Bake at 350° for 90 minutes, wrapped in parchment paper and foil.

1 Or a total of 2 teaspoons of herbal seasoning of choice.