

Plant-Based Lasagna

Serves 12

Ingredients

LENTIL & VEG FILLING

- 1 can *Lentils* (or cooked from dry)
- 1 *Onion*
- 1 tbsp *Bell Pepper*
- 2 cloves *Garlic* (or garlic powder)
- 3 tsp *Italian Seasoning*

VEGAN RICOTTA

- 1 packaged patted dry *Tofu*
- 1 cup raw soaked *Cashews*
- 3 tbsp *Lemon Juice*
- 2 cloves *Garlic* (or garlic powder)
- Fresh *Basil* (½ cup)

SAUCES

- **MARINARA**
 - 2 25-oz *Marinara Sauce* (homemade or store bought)
- **CASHEW CHEESE TOPPING**
 - ½ cup raw soaked *Cashews*
 - 1 ⅓ cup *Water*
 - 1 tbsp *Lemon Juice*
 - 2 cloves *Garlic* (or garlic powder)
 - ½ tsp *Sea Salt*
 - ¼ cup *Nutritional Yeast*
 - 4 tbsp *Tapioca Starch (or flour)*

NOODLES

- 1 box *Lasagna Noodles*

Instructions

1. Preheat Oven to 350 F

LENTIL & VEG FILLING

1. Chop *Bell Pepper, Onion, Garlic* and add to a big bowl
2. Drain *Lentils* and add to the bowl of chopped vegetables.
3. Season with *Italian Seasoning*, stir and set aside.

VEGAN RICOTTA

1. Add patted dry *Tofu, raw soaked* *Cashews, Water, Lemon Juice, Garlic, and Basil* to a food processor.
2. Blend until smooth and set aside.

ASSEMBLY

1. Put about **1 cup of *Marinara*** at the bottom of your baking dish (9x13in)

2. Add **1 layer of Lasagna Noodles** on top of the **Marinara Sauce**
3. Add **1/3 of Vegan Ricotta** on top of the **Lasagna Noodles**
4. Add **1/3 of Lentil & Veg Mixture** on top of the **Vegan Ricotta**
5. Repeat and finish with adding **Marinara Sauce** on top of the **Lentil & Veg Mixture**
6. Cover with foil and bake for 40 minutes

CASHEW CHEESE MOZZARELLA

1. Add **raw soaked Cashews, Water, Lemon Juice, Garlic, Basil,** and **Tapioca Starch** to a food processor.
2. Blend until smooth.
3. Add blended mixture to a sauce pan and cook until thick and creamy.
4. Pour **Cashew Cheese Mozzarella** over the top of the **Lasagna** and broil until golden brown.

LET IT COOL, SERVE & ENJOY! 😊

Recipe made for *Feel Better Eating* with love from *Feel Better Living*

Find the video of this recipe and other videos about natural healing by visiting:

www.youtube.com/@feelbetterliving

Learn more about about our mission by visiting: www.feelbetterliving.com