

"CHEESE" SLICE

Ingredients

4 oz grated "cheese" (there are lots of vegan ones to choose from)
5 oz rolled oats
2 oz vegan spread (eg Pure, or any supermarket own brand)
1 small onion, chopped
Half green pepper, chopped
2 large carrots, grated
pepper, dried herbs to taste

Method

In a large bowl mix together the "cheese", oats and vegetables. Melt the vegan spread and stir into the mixture, stirring until everything is well blended. (You may need to increase the vegan spread, or alternatively add a little soya or oat milk, if it seems necessary.) Season to taste. Pile mixture in greased tin and press down well. Bake at gas 5, 375 F., 3/4 to 1 hour. Delicious with a tomato sauce.

(NB. I'm afraid I seldom measure out anything. With this recipe I actually add extra vegetables - peppers, celery, etc. - and probably increase the oats and grated cheese. Just have fun!)