

It can be difficult to get sufficient dietary intake of vitamin B<sub>12</sub> with a vegetarian diet. Fortified tofu and nutritional yeast are good dietary sources of vitamin B<sub>12</sub>, which can help you avoid deficiency.

## Baked Tofu

### Ingredients

- 1 block extra firm tofu, fortified
- 1 teaspoon coconut oil
- 2 tablespoons soy sauce
- 3 tablespoons nutritional yeast

### Instructions

1. Pre-heat oven to 400° F.
2. Drain and lightly press the tofu.
3. Cut into 1 to 1.5 inch cubes.
4. Melt coconut oil in the microwave. In a large bowl, mix the soy sauce, nutritional yeast, and coconut oil.
5. Carefully stir in the tofu until it is well coated.
6. Place the tofu onto a baking sheet lined with parchment paper.
7. Bake for 45-55 minutes or until crispy.



Source: <http://www.everydaytastiness.com/2012/02/baked-tofu.html>

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