
Wheat Loaf

Like meatloaf but vegetarian friendly

This is from Linda Englert in Wadsworth, OH.

Quantity	Ingredients	Preparation Notes
1 Cup	Finely Chopped Nuts	
1 Cup	Wheat Germ	
1 Cup	Mild grated Cheddar Cheese	
3/4 Cup	Tomato Juice	• Mix together ingredients
3	Eggs (beaten)	• Place and form into a loaf in a well oiled loaf pan
1 Lg	Onion, finely chopped	• Bake 45 minutes at 350 degrees.
1 tsp	Thyme	
	Seasoned salt to taste	
	Grated carrots - optional	