

Vegan Cretons Made with TVP



Looking for a delicious vegan alternative to spread on your toast? These textured vegetable protein (TVP) cretons are perfect for a high-protein breakfast or a nutritious snack. Quick and easy to prepare, they also freeze well, making them a convenient option for busy mornings. Try them once, and you'll never go back!

Preparation 10 min

Cooking 15 min

Servings 16

Nutrition Facts (per serving)

Calories 50

Fat 1

Carbohydrates 6

Fibre 2

Protein 5

Sodium 40

Ingredients

- 1 onion, chopped
- 1 garlic clove, minced
- 10 ml (2 tsp) olive oil
- 375 ml (1½ cups) textured vegetable protein (TVP)
- 500 ml (2 cups) reduced-sodium vegetable or chicken broth

- 1 ml (¼ tsp) salt
- Pepper, to taste
- 125 ml (½ cup) quick-cooking oats
- 125 ml (½ cup) unsweetened plant-based beverage or milk

Preparation

1. In a pan over medium heat, heat the olive oil and sauté the onion and garlic for 5 minutes.
2. Add the TVP, broth, and seasonings. Simmer for 2–3 minutes to allow the liquid to be absorbed.
3. Stir in the plant-based beverage and oats, then continue cooking until all the liquid has evaporated.
4. Let cool slightly, then transfer to airtight containers, pressing firmly with the back of a spoon to compact the mixture.
5. Refrigerate or freeze until ready to use.

Serve on toast, crackers, or as a sandwich spread for a quick and nourishing meal.

Notes

Keeps for up to 5 days in the refrigerator or 3 months in the freezer.



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