

Protein Flip™ Creamy Clam Chowder with Zesty Lime & Tofu Flatbread

A lighter, protein-balanced twist on the classic chowder—tender clams and crisp bacon in a creamy almond milk base, brightened with fresh lime. Served with a high-protein, plant-based tofu flatbread for a satisfying and nourishing meal.



Recipe:

Ingredients:

Chowder

2 slices thick-cut bacon, chopped
1 tbsp olive oil
1 tbsp unsalted butter
1 yellow onion, chopped
1 carrot, diced
1 celery stalk, diced
2 garlic cloves, minced
1 tsp fresh thyme
Salt and pepper, to taste
2 tbsp gluten-free flour or cassava flour
2 medium potatoes, peeled and diced
1 cup clam juice
2 cups unsweetened almond milk
2 (6.5 oz) cans chopped clams, with juice reserved
Juice of 1 lime
Optional garnish: oyster crackers, fresh herbs, lime zest

Tofu Flatbread

1/2 block silken tofu
1/4 cup oat flour or almond flour
1/2 tsp garlic powder
Pinch of salt
Water as needed to make a thick batter

Directions:

Cook the Bacon

In a large soup pot or Dutch oven, cook bacon over medium heat until crisp, about 5–6 minutes.

Transfer to a paper towel-lined plate and set aside.

Sauté the Vegetables

Add olive oil and butter to the rendered bacon fat in the pot.

Stir in onion, carrot, celery, garlic, thyme, salt, and pepper.

Cook, stirring occasionally, until vegetables soften, about 5–7 minutes.

Build the Base

Sprinkle in flour and stir for 1 minute.

Add potatoes, clam juice, almond milk, and the reserved clam liquid (keep the clams aside for now).

Bring to a gentle boil, then reduce heat and simmer until potatoes are tender, about 15–20 minutes.

Finish the Chowder

Stir in chopped clams and lime juice.

Simmer for 2–3 minutes more, just until clams are heated through.

Adjust seasoning with salt, pepper, or extra lime juice as desired.

Make the Tofu Flatbread (Optional)

In a blender or food processor, combine tofu, flour, garlic powder, and salt. Blend until smooth, adding water 1 tablespoon at a time until a thick batter forms.

Heat a lightly greased nonstick skillet over medium heat.

Pour in batter to form small flatbreads (like pancakes) and cook 2–3 minutes per side, until golden and set.

Serve

Ladle chowder into bowls, top with crispy bacon, and garnish with fresh herbs or lime zest.

Serve with tofu flatbread or oyster crackers on the side.

Protein Flip™ Note

A comforting soup with reduced fat and dairy, paired with a plant-based, high-protein flatbread to balance animal and plant proteins.