

## Tofu Scramble

Meal time: Breakfast

Meal type: Vegan

Difficulty: Easy

Servings: 2

Total time: 15 minutes

### Ingredients

15ml olive oil  
 450g tofu block, pressed  
 30g nutritional yeast  
 2 TBSP almond milk  
 1 garlic clove, minced  
 1/2 TSP salt  
 1/4 TSP turmeric  
 1/4 TSP chili flakes  
 1 TBSP freshly chopped cilantro  
 2 slices brown bread

### Nutrition Facts

|                    | Amount per serving |
|--------------------|--------------------|
| Calories           | 388                |
| Total Fat          | 21.5g              |
| Saturated Fat      | 6.4g               |
| Total Carbohydrate | 30.6g              |
| Dietary Fiber      | 7.7g               |
| Total Sugars       | 3g                 |
| Protein            | 27g                |
| Cholesterol        | 0mg                |
| Vitamin D          | 0IU                |
| Calcium            | 500mg              |
| Iron               | 7mg                |
| Potassium          | 832mg              |
| Sodium             | 903mg              |

### Instructions:

1. Place the pan on the stove over medium heat, drizzle olive oil.
2. Crumble the tofu with your hands in the pan, stir cook for 4 minutes until tofu water dries.
3. Then add salt, chilli flakes, garlic powder, yeast and turmeric. Keep stirring and cook for an additional 5 minutes.
4. Pour almond milk while stirring to mix thoroughly.
5. Remove from pan and serve with toasted bread.

**Notes:** Any plant-based milk can be used for this recipe. For additional flavour, add a dash of ground cumin. To remove the excess water from the tofu, press it with a heavy glass bowl.