

Tofu Scramble on Avocado Toast – Serves 1

<https://www.eminencenutrition.com/tofu-scramble-on-avocado-toast>



Ingredients:

- ~115g Medium firm tofu (¼ of the tofu package)
- 1 cup Coleslaw (or your favourite breakfast veggies)
- ½-1 Avocado
- 2 Whole grain bread slices

Tofu sauce

- 1 tbsp. Nutritional yeast
- ¼ tsp. Turmeric
- ¼ tsp. Paprika
- ¼ tsp. Garlic powder
- ¼ tsp. Onion powder
- ¼ tsp. Black salt (or regular salt)
- Dash Cayenne pepper
- ⅓ cup Soy milk

Directions

1. Add oil to a pan and heat over medium. Add the coleslaw on one half of the pan. Crumble the tofu into the other side of the pan using your hands (leaving some “chunks” to make it look like scrambled eggs) and fry until lightly browned ~4 min
2. While the tofu and coleslaw are cooking, make the tofu sauce by mixing all the ingredients together.
3. Mix in the egg sauce to the pan and fry until you have reached your desired consistency.
4. While the egg scramble is cooking, prepare your avocado toast.
5. Serve the tofu egg scramble on top of your avocado toast (like shown in photo), or eat on it's own with your favourite breakfast side dishes.
6. Enjoy ☺

Batch Egg Scramble Seasoning Recipe

- 1 cup Nutritional yeast
- 4 tsp. Of *each*: turmeric, paprika, garlic powder, onion salt
- 2 tsp. Cayenne pepper

Mix 1 tbsp. of the egg scramble seasoning with ⅓ cup soy milk to make 1 serving