

# Tofu Breakfast Scramble

## Ingredients:

- 1 Block of Tofu
- 1 tbsp of olive oil
- 1 tsp Nutritional Yeast
- ¼ tsp Turmeric
- A dash of Chili Powder
- ½ tsp Salt
- ½ tsp garlic powder
- ¼ tsp cumin
- ½ Red Pepper
- 1 ½ Cup Spinach/Kale
- ¼ Onion
- Salsa



## Directions:

- Press 1 block of tofu, this can be done by wrapping tofu in a paper towel and setting some textbooks on top for 15 minutes - 1hr.
- Break tofu apart with fork until it resembles a “scrambled egg” look
- Season with desired seasonings (mine are listed above)
- Heat a pan with 1 tbsp of olive oil
- Sautee red pepper, and onions until tender.
- Add seasoned tofu, and greens.
- Cook until greens soften or desired doneness.
- Top with salsa. Serve & Enjoy!