Vegan Scrambled "Eggs"

Serves 8

Ingredients

- 2 blocks (14 or 16 oz) Firm Tofu (Can use soft tofu for a softer scramble)
- ½ tsp Ground Tumeric
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- ½ tsp Paprika
- 1 tsp Chile Flakes
- 1 tsp Indian Black Salt
- Freshly Ground Black Pepper
- 2 Tbsp Tahini
- ¼ Cup Nutritional Yeast
- 1 Cup Oat Milk
- Olive Oil
- Salt

Instructions

- Squeeze the tofu to remove excess water, then crumble into chunks.
- In a bowl, mix the spices, tahini, and nutritional yeast. Pour in the milk and mix to create the sauce.
- Heat a skillet over medium high heat and add oil. Once it’s hot, add the tofu and fry until lightly browned.
- Add the sauce and fold to combine. Continue cooking until desired consistency is reached. Add salt & pepper to taste.

Notes

Indian Black Salt, or kala namak, adds the sulfury taste that egg yolks naturally contain. Sprinkling some over the top at the end will enhance the flavor.

breakfast, vegan, vegetarian, gluten free

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