

# Simple Tofu Scramble

Tofu Scramble is a simple and delicious way to start the day and also works well with lower carbs. If you do have carbs to play with, you can have it with toast or fruit!



PREP TIME

5 mins

COOK TIME

10 mins

TOTAL TIME

15 mins



COURSE

Breakfast, Gluten Free



SERVINGS

1 serving

CALORIES

220 kcal

## INGREDIENTS

- 1/4 small Onion diced
- 1 clove garlic minced
- 6 oz Extra Firm Tofu drained
- 1 tsp lemon juice
- 2 Tbsp Nutritional Yeast
- ½ tsp sulfur salt
- ½ tsp turmeric
- to taste black pepper

## INSTRUCTIONS

1. In a frying pan over medium heat, spritz a little cooking spray. Add the onion and garlic and sauté until onions are translucent.
2. Crumble the tofu in your hands into the pan. Add the sulfur salt, lemon juice, turmeric, nutritional yeast and black pepper.
3. Allow to cook for about 5-7 minutes, letting the bottom brown and scraping the browned bits off the bottom as you occasionally stir.

4. When the mixture looks dry and enough of it is browned to your liking, remove from the pan.

## NUTRITION

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### Nutrition Facts

Simple Tofu Scramble

**Amount Per Serving**

<b>Calories</b>	220	Calories from Fat	72
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		<b>% Daily Value*</b>	
<b>Fat</b>	8g	12%	
<b>Carbohydrates</b>	14.6g	5%	
<b>Protein</b>	24.6g	49%	

\* Percent Daily Values are based on a 2000 calorie diet.



**Tried this recipe?**

Let us know how it was!