

Scrambled "Eggs"



COURSE
Breakfast, Snacks



SERVINGS
7 servings

CALORIES
221 kcal

INGREDIENTS

- 2 - 15 oz blocks firm or extra-firm tofu for soy free, use soy-free tofu
- 1 ¾ c Just Egg
- ½ tsp salt
- Pepper to taste

INSTRUCTIONS

1. Heat up a large skillet over medium heat and spritz with cooking spray.
2. Squish up the tofu and drop that in and scramble it up very well
3. Once the tofu water is mostly gone, lower the heat, and pour Just Egg over the whole thing
4. Continue to sift and scramble until you've reach your preferred level of doneness. (I like my "eggs" a bit on the dry side.)
5. Divide into 7 servings

NUTRITION

Nutrition Facts

Scrambled "Eggs"

Amount Per Serving (1 serving)

Calories	221	Calories from Fat	117
<hr/>			
		% Daily Value*	
Fat	13g	20%	
Carbohydrates	13g	4%	
Protein	21g	42%	

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



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!