

# 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  $\frac{3}{4}$  c Just Egg
- $\frac{1}{2}$  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

**% 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!