

TOFU "OMELETS"^o



SERVES: 3 (1 omelet each) Prep Time: 10 min. Cooking Time: 18 min.

CONTAINER EQUIVALENTS (per serving): ½ ½



14 oz. silken tofu, drained
3 Tbsp. nutritional yeast
¼ tsp. ground turmeric
¼ tsp. onion powder
¼ tsp. garlic powder
¾ tsp. sea salt (or Himalayan salt)
¼ cup + 2 Tbsp. gluten-free all-purpose flour (preferably Bob's Red Mill®)
¼ cup water

1. Place tofu, yeast, turmeric, onion powder, garlic powder, salt, and flour in blender; cover. Blend, adding 1 Tbsp. of water at a time, until a smooth batter (similar to pancake batter) forms. Set aside.
2. Heat small nonstick omelet pan (or skillet), lightly coated with spray, over medium heat.
3. Add ⅔ cup of batter. Swirl pan to form a thin, even layer across entire bottom of pan (or gently spread with spatula); cook for 4 to 5 minutes, or until top of omelet is set and bottom is golden brown.
4. Tilt pan. Flip omelet over itself, using a spatula, and out of pan onto a plate.
5. Repeat twice, spraying pan each time, with remaining batter.

SPECIAL EQUIPMENT:

Coconut oil cooking spray

RECIPE NOTES:

- Depending on the brand of tofu you use, you may need to add more or less water to achieve a consistency similar to pancake batter.
- If you are filling your omelet, pre-cook your filling ingredients, and add them after the first 2 minutes of cooking.
- Get creative with your fillings, just make sure to account for the appropriate containers!
- Unfilled omelets keep for 4 to 5 days in the refrigerator.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 161 Total Fat: 4 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 620 mg Carbohydrates: 19 g Fiber: 3 g Sugars: 2 g Protein: 14 g

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