

FLUFFY VEGAN SCRAMBLED EGGS

Fluffy vegan eggs made with mung beans! A delicious egg alternative made with 9 real, wholesome ingredients. Perfect for scrambles, omelets, frittatas, and more!

Author: *Minimalist Baker*

PREP TIME	COOK TIME	TOTAL TIME
6 hours 10 minutes	5 minutes	6 hours 15 minutes

Servings: 6 (Servings)
Category: Breakfast
Cuisine: American, Vegan

Freezer Friendly No
Does it keep? 1 Week (batter only)



★★★★★
4.75 from 28 votes

Ingredients

- 156 g split mung beans, rinsed (a.k.a. moong dal, NOT whole mung beans*)
- 1-1 ¼ tsp black salt a.k.a. kala namak (or sea salt — though black salt adds a magically “eggy” flavor)
- 1/2 tsp onion powder
- 3/4 tsp ground turmeric
- 2 tsp nutritional yeast
- 320 ml canned light coconut milk
- 30 ml olive or avocado oil, plus more for cooking (if avoiding oil, omit and use a non-stick pan)
- 40 g white rice flour (or brown rice flour)
- 1 ¼ tsp baking powder

Instructions

1. Rinse mung beans and add to a large mixing bowl. Cover with lukewarm water and soak (covered) for at least 6 hours or overnight.
2. Drain and rinse well, then add to a [high-speed blender](#). Add remaining ingredients and blend until creamy and smooth. Taste and adjust flavor as needed, adding more black salt for “eggy” flavor, onion powder for overall flavor, turmeric for color, or nutritional yeast for cheesy flavor. The batter should be thin and pourable, but not too watery. Add more rice flour if too thin or more coconut milk if too thick.
3. Heat a non-stick pan ([we love this one](#)) or a greased skillet over medium-low heat. Once hot, add about 1/4 cup (60 g) egg mixture, or enough to almost reach the edges of the pan. Then cover.
4. Cook for 1-2 minutes, or until the edges appear a little dry. You may notice bubbles on the surface. Then use a rubber spatula to gently push the "eggs" around toward one side of the pan (see photo). Cover again and cook for another 1-2 minutes.
5. At this point you can eat them as “soft scrambled eggs” or continue cooking longer. You can also flip to cook the top side more thoroughly.
6. Transfer egg to a plate and let cool slightly. Taste test cooked egg and adjust flavor of remaining batter as needed, adding more black salt for “eggy” flavor or to hide any flavor of baking powder (we used 1 ¼ tsp black salt total // amount as original recipe is written).
7. Continue process until all of the egg mixture is cooked! Alternatively, store in the refrigerator up to 1 week for use throughout the week.
8. This mixture works great for plain scrambled eggs, but we also suspect sautéing a little onion, garlic, veggies, or greens before adding the egg mixture would work well, too. For more cooking options, see notes!
9. Serve as is, or with desired toppings, such as [salsa](#), [vegan parmesan cheese](#), fresh herbs, or toast.

Notes

*We tested this recipe with whole mung beans (which are green) and it did not work as well. We recommend moong dal for best results.

*Nutrition information is a rough estimate calculated with olive oil and lesser amount of salt.

*For an omelet, cook desired veggies then remove from pan. Add the egg mixture and top with cooked veggies. Cover and cook for 2-3 minutes, or until the egg mixture appears cooked through. Then remove lid, carefully fold the omelet in half, and enjoy. For a frittata, cook desired veggies in your pan, then pour on desired amount of egg mixture and transfer to a 350 degree F (176C) oven. Cook until the mixture appears golden brown on top and is slightly firm to the touch.

Nutrition Per Serving (1 of 6 servings)

Calories: 184 Fat: 8.4g Saturated fat: 3.3g Sodium: 209mg Carbohydrates: 22g Fiber: 1.9g Sugar: 1.5g
Protein: 6.8g

DID YOU MAKE THIS RECIPE?

Taking a moment to leave a review helps our community! <https://minimalistbaker.com/fluffy-vegan-scrambled-eggs/>