



GENESIS
-HEALTH REVOLUTION-

← *Recipe Card* →

Scrambled Tofu

INGREDIENTS:

- 1 box of water packed extra firm tofu, 14-16 oz crumbled
- 4-6 oz Mushrooms sliced
- 1 tsp garlic powder
- 2- 2 1/2 tbsp nutritional yeast flakes
- Salt to taste
- 1/2 tsp turmeric

OPTIONS: onions, peppers, potato carrot cheeze or plant based cheese, 2 cloves of garlic in place of the garlic powder, southwest chipotle seasoning

DIRECTIONS:

- To prepare the tofu scramble, in a skillet, crumble the tofu and add all other ingredients.
- Cook on medium high heat until the ingredients are hot and mixed well together.

NOTE: The longer the tofu is cooked, the more water is removed from tofu and the drier it becomes. By cooking longer, you can regulate the texture.



GLUTEN-FREE

