



Avocado Toast with Tofu Scramble

1 serving

15 minutes

Ingredients

170 grams Tofu (silken, drained)
1 1/2 tsps Nutritional Yeast
1/2 tsp Garlic Powder
1/4 tsp Paprika
1/8 tsp Sea Salt
50 grams Sourdough Bread (toasted)
1/2 Avocado (sliced)

Directions

- 1 In a pan over medium heat, add the tofu, nutritional yeast, garlic powder, paprika, and salt. Use the spatula to stir and gently break up the tofu. Cook until the edges are firm and liquid is gone, about 15 minutes.
- 2 Top the sourdough with avocado and the scrambled tofu. Add more salt if desired. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add black pepper, turmeric, and black salt.

Additional Toppings: Serve it with salsa or fresh fruit.