



Creamy Vegan Scrambled Eggs

Description

This vegan scrambled egg recipe is the ultimate plant-based alternative to traditional eggs. With a rich, creamy texture and a perfectly balanced savory flavor, it's a protein-packed breakfast that's ready in just 15 minutes. Whether you serve it with toast, in a breakfast wrap, or alongside sautéed veggies, this scramble is guaranteed to be a delicious and nutritious start to your day.

Ingredients:

- 1 block (14 oz) firm tofu, drained and crumbled
- 2 tablespoons nutritional yeast
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon black salt (Kala Namak)
- 1/4 cup unsweetened plant-based milk
- 1 tablespoon olive oil or vegan butter
- 1/4 teaspoon black pepper

- 1/4 teaspoon paprika
- 1/2 cup chopped veggies (optional: bell peppers, spinach, mushrooms)

Instructions:

1. **Prep the Tofu:** Drain and crumble the tofu into small pieces to resemble scrambled eggs.
2. **Sauté the Veggies (Optional):** Heat oil in a pan over medium heat. Add chopped veggies and sauté for 3-4 minutes until softened.
3. **Cook the Tofu:** Add crumbled tofu to the pan and stir well.
4. **Season the Scramble:** Sprinkle in nutritional yeast, turmeric, garlic powder, onion powder, black salt, black pepper, and paprika.
5. **Add Liquid:** Pour in plant-based milk and stir to combine. Cook for another 5-7 minutes, stirring occasionally, until heated through and creamy.
6. **Serve & Enjoy:** Taste and adjust seasoning if needed. Serve hot with toast, avocado, or your favorite breakfast sides.