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# TOFU SCRAMBLE

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🕒 10 min

👤 4

🍊 NO EGG-O

## INGREDIENTS:

1 block Medium Firm Tofu (454 g)

1 tsp or more No Egg-O Seasoning

Oil for frying

**Optional:** Add diced onions, bell peppers, broccoli, zucchini, cheese or your favorite scramble ingredients.

## INSTRUCTIONS:

- 1) Dry tofu in clean kitchen towel
- 2) Add oil to pan on medium/high heat
- 3) Crumble tofu with hands/spatula
- 4) Add No Egg-O Season and mix well
- 5) Add any additional No Egg-O to taste
- 6) Fry for 5 minutes stirring occasionally
- 7) Serve hot with your favorite breakfast foods, enjoy!

**Optional:** If adding veggies chop & cook first. Set aside in a bowl and add after step 5 and cook together for another minute.

