

## **The Best Tofu Scramble**

What do vegans eat for breakfast? Tofu scramble is a favourite. This is my own personal Saturday morning special that is both eggy and satisfying. The secret is Bird's Custard Powder which is generally used to make Crème Anglaise or a custard pudding. However, since Bird's doesn't contain any sugar per se, it can also be used to eggify savoury dishes. And since it contains cornstarch, it's helps to create the Holy Grail of tofu scrambles... a slightly browned crust on the bottom of the pan. Be sure to scrape it up for max flavour!

### **Saute in a large frying pan until soft:**

2 Tbsp coconut or avocado oil

1 onion, diced

1 red pepper, diced

Add-ins (optional):

1 zucchini or crookneck squash, diced

1/3 cup grated sweet potato

chopped parsley

### **Add:**

454 g package of drained Medium Firm tofu (works better than Firm)

### **Break up the tofu in the pan so it is chunky.**

#### **Sprinkle over the tofu:**

1 Tbsp Bird's Custard Powder

1 Tbsp nutritional yeast (not an active yeast)

1 tsp salt or to taste

Continue cooking on medium heat, stirring occasionally as you would scrambled eggs

Once the custard powder has cooked and no longer has a raw cornstarch taste, and the liquid has cooked off, serve with toast.

Great with toasted cornbread, sriracha sauce and a little vegan mayo!