

# Avocado Toast with Tofu Scramble

7 ingredients · 15 minutes · 1 serving



## 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.

## 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)

## Nutrition

Amount per serving

<b>Calories</b>	450	Vitamin D	0IU
<b>Fat</b>	24g	Vitamin E	2mg
<b>Carbs</b>	37g	Vitamin K	26µg
Fiber	11g	Thiamine	3.7mg
Sugar	2g	Riboflavin	3.9mg
<b>Protein</b>	27g	Niacin	22mg
Cholesterol	0mg	Vitamin B6	4.2mg
Sodium	561mg	Folate	98µg
Potassium	835mg	Vitamin B12	16.9µg
Vitamin A	430IU	Phosphorous	249mg
Vitamin C	11mg	Magnesium	91mg
Calcium	497mg	Zinc	3mg
Iron	6mg	Selenium	23µg

