

Scrambled Tofu

A breakfast favourite.

Ready in **5** minutes Serves **2**

Ingredients

- 1 pack long life silken tofu
- ½ small onion finely chopped
- pinch of turmeric
- pinch of Marigold bouillon powder
- salt and pepper to taste
- fresh herbs to taste

Method

1. Add the tofu to a pan, mash with a fork.
2. Add the onion along with a pinch of turmeric and a pinch of bouillon powder.
3. Season with salt, black pepper and fresh herbs as required.
4. Good served on thick slices of wholemeal toast - nice with a veggie breakfast.
5. Try adding chopped spring onions, spinach peppers or mushrooms.