

SCRAMBLED TOFU WITH VEGGIE

Serves 4

1 piece of organic firm tofu
1 teaspoon turmeric
1 cup mushrooms, chopped
1 cup bell peppers, chopped
1 tablespoon organic coconut oil/butter
1 teaspoon garlic powder
1 teaspoon onion powder
Celtic sea salt and pepper to taste.

In a large bowl, put the tofu, the turmeric, salt, pepper, garlic and onion powder. Mix all the ingredients and cut the tofu in small pieces with your fork.

In a large skillet, heat the coconut oil, and add the veggie and the tofu. Sauté until the mixture is golden and crunchy.

Serve warm.